

Beef Shank & Mashed Potatoes

8 ingredients · 4 hours · 6 servings



Directions

1. Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
2. Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
3. Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
4. Meanwhile, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper.
5. Divide the beef shank, mashed potatoes, and arugula onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size

One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

More Flavor

Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings

Add carrots, celery, peas, or mushrooms to the stew.

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (Divided)
- 2 lbs Beef Shanks (cut into 3-inch pieces)
- 3 Garlic (cloves, minced)
- 1/2 White Onion (large, sliced)
- 3 cups Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 6 Russet Potato (medium, peeled and chopped)
- 12 cups Arugula