



Veal Osso Buco Recipe

¼ cup flour
Large zip-top bag
2 lbs veal shanks (12 pieces petite)
¼ tsp salt
¼ tsp pepper
2 Tbs olive oil
1 (10 oz) bag frozen seasoning blend (contains diced onion,
green/red peppers and celery)
1 (8 oz) bag shredded carrots
1 (14 ½ oz) can diced tomatoes w/basil, garlic, oregano
1 (12 oz) jar chicken gravy
½ cup white wine
½ tsp Maggi seasoning sauce
1 tsp chopped garlic
1 sprig fresh rosemary
4 bay leaves

Steps:

1. Preheat large saucepan on high 1-2 minutes. Preheat slow cooker on low. Place flour in zip-top bag. Season veal shanks with salt and pepper; add to bag, seal tightly and shake to coat.
2. Place olive oil in saucepan. Add veal; cook 3 minutes, turning occasionally, to brown. Add seasoning blend and cook 3 more minutes, stirring occasionally.
3. Stir in remaining ingredients and bring to boil. Place veal shanks into bottom of slow cooker and top with remaining mixture, covering veal completely. Cover and cook 8 to 10 hours.
4. Skim any excess fat from top. Remove and discard bones, rosemary sprig and bay leaves. Serve. (Makes 6 servings.)

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