

Beef Shank with Cannellini Beans



FOODSERVICE



SERVING SIZE: 6

Ingredients

- 2 teaspoons Chili Powder
- 1 teaspoon Onion Powder
- 1 teaspoon Garlic Powder
- 1/2 teaspoon Black Pepper
- 1 tablespoon Salt
- 1/4 cup Paprika
- 1/4 cup Water
- 2 1/2 pounds Beef Shank, Bone in
- 1/2 cup Carrots, Sliced
- 1 cup Onion, Finely Diced
- 2 each Garlic Cloves
- 1 cup Water
- 4 cups **Furmano's White Kidney Beans**, Drained
- 1 cup **Furmano's Ground Tomatoes**
- 1 1/3 tablespoons Thyme, Chopped
- 3/8 cup Halved Grape Tomatoes
- 1 1/2 teaspoons Chopped Parsley

In This Recipe



White Kidney Beans
(Cannellini Beans) - 15.5 oz.



Preparation

1. Mix together Chili Powder, Onion Powder, Garlic Powder, Black Pepper, Salt, and Paprika
2. Crust Beef Shank with the Dry Seasonings. Let rest for 20 minutes
3. Preheat oven to 300*
4. Place roasting pan on burner on top of stove over medium high heat. Add Olive Oil and Sear Beef Shank on all sides. Remove Shank from pan and set aside.
5. Add Carrots and Onions and saute until translucent, then add Garlic.
6. Next, return Beef Shank to pan and add Water, Furmano's Ground Tomatoes, Furmano's Cannellini Beans, and Thyme
7. Cover pan and place in oven for 2 hours.
8. Then, uncover pan and increase the temperature to 375* for an additional 35 minutes
9. Garnish with Grape Tomatoes and Parsley upon serving

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