Lamb Shanks

Ingredients

4 lamb shanks

2 carrots peeled

1 zucchini

1 onion

1 cup green beans

2 vegetable stock cubes

2 tsp brown sugar

2 tbs tomato paste

1/2 tsp garlic crushed

Method

1. Preheat oven to 180C.

2. Slice all the vegetables and place in a large casserole dish with the lamb shanks.

3. Mix the stock cubes, sugar, tomato paste and garlic with 3 cups of hot water.

4. Pour over the meat and vegetables and cook, covered for 2½ hours.

5. Remove the lid and cook for a further 30 minutes

6. Serve with your favourite sides