



## Beef Shank and Sausage Ragù with Whole Grain Spaghetti

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3.5 pounds beef shanks with bone ( 3 pieces)
- ☐ 750 ml wine dry red
- ☐ 2 teaspoons fennel seeds
- ☐ 4 bay leaf fresh
- ☐ 8 large garlic clove chopped
- ☐ 2 pounds ground sausage italian hot
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 5 cups onion chopped ( 3 large)
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup parsley fresh italian finely chopped
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 1.5 pounds pasta like spaghetti whole

## Equipment

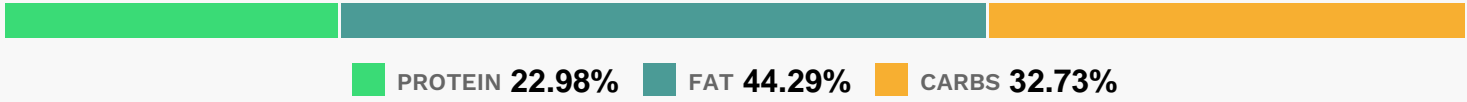
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Preheat oven to 350°F. Toast fennelseeds in small dry skillet over medium-low heat until slightly darker in color and very fragrant, about 3 minutes. Set aside.
- ☐ Heat 2 tablespoons oil in large oven-proof pot over medium heat.
- ☐ Add sausage. Cook until brown and cooked through, breaking up with back of spoon, about 10 minutes. Using slotted spoon, transfer sausage to large bowl.
- ☐ Add 1 tablespoon oil to pot.
- ☐ Sprinkle beef shanks with salt and pepper.
- ☐ Add to pot and sauté until brown, about 6 minutes per side.
- ☐ Transfer shanks to bowl with sausage.
- ☐ Add onions to pot and sauté until brown and tender, scraping up browned bits, about 10 minutes. Return shanks, sausage, and any accumulated juices to pot.
- ☐ Add tomatoes with juice, wine, garlic, bay leaves, oregano, crushed red pepper, and toasted fennelseeds. Bring to simmer.
- ☐ Cover pot and place in oven. Braise until shanks are very tender, about 2 1/2 hours.
- ☐ Transfer shanks to work surface.

- ☐ Cutmeat off bones and dice. Discard bones.Tilt pot. Spoon off fat from surface of panjuices. Return diced shank meat to pot.Simmer until liquid is reduced enough tocoat spoon, about 10 minutes. Season ragùto taste with salt and pepper. DO AHEAD: Canbe made 2 days ahead. Cool slightly. Chilluncovered until cold, then cover and keepchilled. Rewarm over medium heat, stirringoccasionally, before continuing.
- ☐ Cook pasta in large pot ofboiling salted water until just tender butstill firm to bite, stirring occasionally.
- ☐ Drainpasta; transfer to large bowl.
- ☐ Add oil andtoss to coat.
- ☐ Add cheese and parsley; toss tocoat. Season pasta with salt and pepper.
- ☐ Divide pasta among 12 shallow bowls.Ladle ragù over and serve.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:18.75, Inflammation Score:-8, Nutrition Score:26.514347988626%

## Flavonoids

Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 13.94mg, Quercetin: 13.94mg, Quercetin: 13.94mg, Quercetin: 13.94mg

## Nutrients (% of daily need)

Calories: 690.25kcal (34.51%), Fat: 31.28g (48.13%), Saturated Fat: 10.22g (63.88%), Carbohydrates: 52.04g (17.35%), Net Carbohydrates: 48.62g (17.68%), Sugar: 4.41g (4.9%), Cholesterol: 88.41mg (29.47%), Sodium: 613.63mg (26.68%), Alcohol: 6.66g (100%), Alcohol %: 2.41% (100%), Protein: 36.52g (73.04%), Selenium: 69.3µg (99%), Vitamin B12: 3.33µg (55.52%), Zinc: 7.85mg (52.36%), Vitamin K: 45.71µg (43.54%), Vitamin B3: 8.16mg (40.78%), Phosphorus: 402.94mg (40.29%), Vitamin B1: 0.6mg (39.93%), Vitamin B6: 0.8mg (39.83%), Manganese: 0.74mg (37.11%), Iron: 4.05mg (22.48%), Potassium: 757.41mg (21.64%), Vitamin B2: 0.36mg (21.35%), Copper:

0.32mg (16.19%), Magnesium: 62.64mg (15.66%), Fiber: 3.41g (13.65%), Vitamin C: 10.49mg (12.71%), Vitamin B5: 1.02mg (10.16%), Folate: 40.03µg (10.01%), Calcium: 73.97mg (7.4%), Vitamin A: 269.71IU (5.39%), Vitamin E: 0.72mg (4.83%)