



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 thick beef shanks with bone (3 pieces)
- ☐ 750 ml cooking wine dry red
- ☐ 2 teaspoons fennel seeds
- ☐ 4 bay leaves fresh
- ☐ 8 large garlic cloves chopped
- ☐ 2 pounds sausages italian hot
- ☐ 3 tablespoons olive oil extra-virgin

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

Equipment

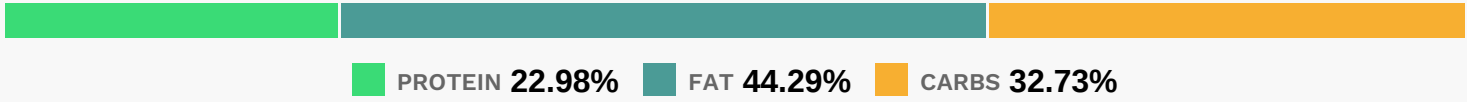
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350°F. Toast fennelseeds in small dry skillet over medium-lowheat until slightly darker in color and veryfragrant, about 3 minutes. Set aside.
- ☐ Heat 2 tablespoons oil in largeoven-proof pot over medium heat.
- ☐ Addsausage. Cook until brown and cookedthrough, breaking up with back of spoon,about 10 minutes. Using slotted spoon,transfer sausage to large bowl.
- ☐ Add 1 tablespoon oil to pot.
- ☐ Sprinklebeef shanks with salt and pepper.
- ☐ Add to potand sauté until brown, about 6 minutes perside.
- ☐ Transfer shanks to bowl with sausage.
- ☐ Add onions to pot and sauté until brown andtender, scraping up browned bits, about 10minutes. Return shanks, sausage, and anyaccumulated juices to pot.
- ☐ Add tomatoewith juice, wine, garlic, bay leaves, oregano,crushed red pepper, and toasted fennelseeds. Bring to simmer.
- ☐ Cover pot and place in oven. Braiseuntil shanks are very tender, about 2 1/2hours.
- ☐ 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%)