

# Lamb shank and pasta soup

## Ingredients (serves 4)

olive oil cooking spray  
2 lean lamb shanks, trimmed of fat  
1 brown onion, finely chopped  
2 carrots, peeled, chopped  
2 stalks celery, chopped  
2 garlic cloves, crushed  
400g can diced tomatoes  
4 cups salt-reduced beef stock  
3/4 cup small shell pasta  
1/4 cup basil leaves, finely shredded  
4 crusty wholegrain bread rolls, to serve

## Method

1. Lightly spray a large saucepan with oil. Heat over medium-high heat until hot.
2. Add lamb shanks and cook, turning, for 5 minutes or until browned. Transfer to a plate. Reduce heat to medium. Add onion, carrot and celery. Cook, stirring, for 2 to 3 minutes or until soft. Add garlic and cook for 1 minute.
3. Increase heat to medium-high. Return lamb to pan. Add tomatoes, stock and 2 cups cold water. Bring to the boil. Reduce heat to low. Cover. Cook for 1 hour 30 minutes or until lamb is tender.
4. Remove lamb shanks to a board. Shred meat.
5. Return meat to soup and boil over high heat. Stir in pasta. Cover and cook for 7 to 8 minutes or until pasta is tender. Add shredded basil. Season with salt and pepper.
6. Serve soup with crusty bread rolls.

Adapted from: [taste.com.au](http://taste.com.au)