

## Slow-Cooker Braised Chevon

Shanks, leg steaks, etc can be used in this - and will be falling-off-the-bone tender. Serve with noodles, mashed potatoes or rice to soak up the sauce. I save some of the sauce and freeze for future use in soups, sauces, etc.

### Ingredients:

- 1 yellow onion, diced
- 2 celery stalks, diced
- 2 carrots, peeled and diced
- 3-6 garlic cloves, crushed
- 2 cups chicken or vegetable stock
- 1 cup peeled, seeded and chopped tomatoes (can substitute a can of diced tomatoes)
- 2 Tbs. tomato paste
- 1 tsp. chopped fresh thyme
- 1 bay leaf
- 3-4 lbs of meat - trimmed of fat. (I use shanks and leg steaks)
- Salt and freshly ground pepper, to taste
- 2 Tbs. olive oil
- 1 cup red wine

### Directions:

Put the onion, celery, carrots, garlic, stock, tomatoes, tomato paste, thyme and bay leaf in a slow cooker and stir to combine.

In a large sauté pan, heat the olive oil over medium high heat until nearly smoking. Season the meat with salt and pepper and add to pan - brown on all sides, about 5 minutes total. Transfer to the slow cooker.

Remove the sauté pan from the heat, pour in the wine and return to medium-high heat. Bring to a simmer, stirring to scrape up any browned bits from the pan bottom. Add the wine to the slow cooker, cover and cook on high for 6 hours. When finished cooking, Transfer the meat to a large serving dish.

Remove the bay leaf from the liquid in the cooker. Using a stick blender, puree the liquids and solids until smooth. Pour some of the sauce over the shanks. If you don't have a stick blender, you can use a regular blender as well.

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