

RECIPE: LAMB SHANK

SPICES & SEASONINGS

Salt, 0.65 oz.

VEGETABLES

Black Beans, 16 oz.

Garlic, 2 cloves

Onions, 32 oz. or 2 lbs.

Tomato, 64 oz. or 4 lbs.

MISCELLANEOUS

Bacon (wood-smoked), 2 lb .

Lamb shanks (14 oz. each), 8

Chipotle adobado , 7 oz.