

INGREDIENTS

2 lb. Pure Flavor® Organic Roma Tomatoes, chopped

4 medium beef shanks

2 celery stocks, chopped

1 yellow onion, chopped

1 large carrot, peeled and chopped

1 can cannellini beans, drained & rinsed

½ cup water

2 tbsp fresh thyme leaves

2 tbsp flour

1tbsp olive oil

Salt and pepper to taste



DIRECTIONS

- 1 Coat beef lightly with flour.
- 2 Heat oil in a large saucepan over medium-high heat. Add beef and cook for 2 minutes each side.
- (3) Add carrots, onions, celery, tomatoes, and water to the pan. Cover and bring to boil, then reduce heat to low and simmer until tender.
- 4 Add thyme and beans. Season with salt and pepper. Cook for 5 minutes and serve.

Pro Tip: Serve over polenta.











