

# LAMB SHANK SOUP

4 lamb shanks, trimmed of any excess fat

1 onion, roughly chopped

2 carrots, peeled and chopped

2 celery stalks, chopped

2-3 cloves of garlic

1 zucchini chopped

1 400gr tin chopped tomatoes

1 litre Beef Stock

cracked black pepper

teaspoon Spaghetti Bol herbs

1 -2 cups small pasta (I use small shells)

With the exception of the zucchini and the pasta, put the whole lot into your slow cooker or camp oven. If cooking in a slow cooker, cook on low for at least 6 hours. If cooking in a camp oven, you will need to adjust your cooking time to the temp of your coals, but somewhere between 4 -5 hours should do the trick.

In the last hour of cooking, add the zucchini and the pasta. You can add some extra water if needed.

Serve with crusty bread or [damper](#).

Enjoy!