

# Low-Carb Instant Pot Osso Buco

Hands-on 15 minutes Overall 1 hour 45 minutes



**Nutritional values (per serving):** Total carbs: 6.6 g, Fiber: 2.2 g, **Net carbs: 4.4 g,**

Protein: 34.5 g, Fat: 24.4 g, Calories: 389 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 4 servings)

- 1 small yellow onion, diced (70 g/ 2.5 oz)
- 2 cloves garlic, minced
- 1 medium carrot, peeled and diced (65 g/ 2.3 oz)
- 2 large celery stalks (80 g/ 2.8 oz)
- 1.4 kg veal shanks, bone in (about 3 lbs) - *will yield about 50% meat, 700 g/ 1.5 lbs raw meat*
- 3/4 tsp sea salt, or to taste
- 1/2 tsp coarse black pepper, or to taste
- 3 tbsp [ghee](#), duck fat or tallow (45 ml)
- 1 small can chopped tomatoes (200 g/ 7 oz)
- 1-2 bay leaves
- 1 tsp fresh thyme or 1/2 tsp dried thyme
- 2 tbsp fresh lemon juice (30 ml)
- 1/2 cup water (120 ml/ 4 fl oz)
- 2 tbsp [extra virgin olive oil](#) (30 ml)

*Optional:* best served with [Gremolata Cauli-Rice Quick & Easy Gremolata](#)

## Instructions

1. Peel and chop the onion and garlic. Dice the carrot and slice the celery. Set aside.
2. Using a paper towel, pat dry the meat. Season with salt and pepper from both sides.
3. Set your **Instant Pot** to *Sauté* and grease with 2 tablespoons of ghee (use 6 or 8-quart/L Instant Pot). Add the beef chunks and season with salt and pepper. Cook for 2-3 minutes per side, or until browned and caramelised. This step is important as it will add flavour!
4. Remove from the Instant Pot and set aside on a plate.
5. Grease the Instant Pot with the remaining 1 tablespoon of ghee.

Add the onion and cook for just 3 minutes, until fragrant and then add the minced garlic. Cook for another 30 seconds.

6. Add the carrot and celery and cook for another 1-2 minutes.
7. Add the tomatoes, bay leaves, thyme, lemon juice and water.
8. Add back the browned meat and cover with the sauce.
9. Cover with a lid and set to *Manual*. Cook on *high* pressure for 40 minutes. When the program has finished, let the steam release naturally for 15-20, and then turn the valve to *venting* to release the remaining steam.
10. Remove the lid once the pressure has dropped and the lid released. Season to taste and drizzle with olive oil and serve. Optionally, you can transfer the content of the Instant pot into a large shallow casserole dish and brown under a broiler preheated to high for about 10 minutes.
11. Serve with low-carb sides such as [Cauli-Mash](#) or [Cauli-Rice](#)

## Don't Have an Instant Pot?

If you don't have an **Instant Pot**, you can use a large casserole dish or Dutch oven and prepare your Osso Buco in the oven. To do that, preheat the oven to 160 °C/ 325 °F. Brown the meat and cook the aromatics in the casserole dish — just like you would using the *Sauté* program on the Instant Pot. Add the browned veal shanks and the remaining ingredients. Cover with a lid and bake in the oven for 75 to 90 minutes.

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