



SLOW COOKER BOLOGNESE (3LT)



INGREDIENTS

400g lean minced beef, minced turkey or quorn

1 large onion – chopped

2 large carrots – peeled and grated

2 sticks **celery** - peeled and sliced thinly

2 dessertspoon dried red lentils

1 x 400g can chopped tomatoes

4 dessertspoons tomato puree

1¹/₂ teaspoon mixed herbs

1¹/₂ teaspoon smoked paprika

1¹/₂ teaspoon garlic granules (or 1 clove garlic)

1 **stock cube** (reduced salt)

150ml water

ground black pepper

EQUIPMENT

sharp knife, chopping board

3ltr (large) slow cooker, can opener,
dessertspoon, teaspoon, measuring jug,

SERVES: 4-6

PREP TIME: 15 minutes

ALLERGENS: celery, cereals containing gluten,
mustard (in stock)

COOK TIME: 8 hours LOW

4 hours HIGH

METHIOD:

- 1 Put the meat or quorn mince into the slow cooker. Add the rest of the ingredients and mix everything together.
- 2 Place the lid on the slow cooker and cook on LOW for 8 hours.
- 3 Once cooked, carefully mix everything together and serve with pasta or use it to make one of the dishes below.

HOW TO SERVE:

For Spaghetti Bolognese – cook 200g of pasta (50g per person) and serve with the sauce.

For Chilli con Carne – add ¹/₂ teaspoon of dried chilli flakes and 1 x 400g can of rinsed red kidney beans. Serve with boiled rice.

For an Italian Cottage Pie – place the sauce in an oven proof dish and top with mashed potato and 50g grated cheese. Cook under the grill (low heat) for 10-15 minutes until golden brown and piping hot. Serve with steamed vegetables.

For Lasagne – in an oven proof dish, place layers of the Bolognese sauce between sheets of lasagne (finish with a sheet of lasagne). For the white sauce, mix together 300ml milk, 25g margarine and 25g flour in a jug. Cook the sauce in the microwave for 3-4 minutes, mixing every minute. Spread the white sauce onto the pasta, sprinkle with cheese and then bake in the oven for 40-45 minutes until golden brown and the pasta is soft.

