



## **SLOW COOKER BOLOGNESE (1.8LT)**



### **INGREDIENTS**

- 250g lean minced beef, turkey or quorn
- 1 medium onion – chopped
- 1 large carrot – peeled and grated
- 1 stick **celery** - peeled and sliced thinly
- 1 dessertspoon dried red lentils
- 1 x 400g can chopped tomatoes
- 2 dessertspoons tomato puree
- 1 teaspoon mixed herbs
- 1 teaspoon smoked paprika
- 1 teaspoon garlic granules (or 1 clove garlic)
- $\frac{1}{2}$  **stock cube** (reduced salt)
- 100ml water
- ground black pepper

### **EQUIPMENT**

- sharp knife, chopping board
- 1.8ltr (small) slow cooker, can opener,  
dessertspoon, teaspoon, measuring jug,

**SERVES:** 2-3

**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  $\frac{1}{2}$  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) . In a small bowl, mix together 500ml plain yogurt, 2 eggs and 75g grated cheese. Spread the white sauce onto the pasta, and then bake in the oven for 40-45 minutes until golden brown and the pasta is soft.



## SLOW COOKER BOLOGNESE (3LT)



### INGREDIENTS

400g lean minced beef, 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

1<sup>1</sup>/<sub>2</sub> teaspoon mixed herbs

1<sup>1</sup>/<sub>2</sub> teaspoon smoked paprika

1<sup>1</sup>/<sub>2</sub> teaspoons garlic granules (or 1 clove garlic)

1 **stock cube** (reduced salt)

200ml 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 <sup>1</sup>/<sub>2</sub> 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) . In a small bowl, mix together 500ml plain yogurt, 2 eggs and 75g grated cheese. Spread the white sauce onto the pasta, and then bake in the oven for 40-45 minutes until golden brown and the pasta is soft.