

Slow Cooker Bolognaise



To serve

Serves:

6 - 8 portions

Preparation time:
20 mins

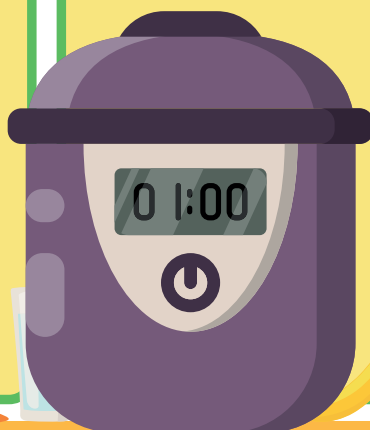
Cook time:
8 - 9 hours

You will need:

- 1 onion, chopped
- 1 carrot, chopped
- 1 stick of celery, chopped celery
- 100g mushrooms, chopped
- 1 500g carton tomato passata
- 500g beef, lamb, soya or textured vegetable protein mince
- 1 low salt beef/vegetable stock cube
- 2 tbsp dried or fresh mixed Italian herbs/oregano/mixed herbs
- 3 tablespoon tomato purée
- 1 400g tin chopped tomatoes

Method:

- Set the slow cooker to low.
- Add the chopped onion, chopped carrot, chopped stick of celery, chopped mushrooms, carton of tomato passata, mince, low salt vegetable or beef stock cube, 2 tablespoons herbs, 3 tablespoons tomato puree and the tin of chopped tomatoes.
- Stir gently until combined and put the lid on. Cook for 8 hours.
- 20 mins before serving, bring a large pan of water to the boil and add the spaghetti. Cook for 8-10mins until cooked.
- Please see next page for alternative serving suggestions for your bolognaise.



Please be aware that this recipe may contain allergens. Please double check the labels carefully.

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Serving Suggestions:

Slow cooker recipes are ideal for batch cooking and are versatile dishes which can be used for several meals.

Here are some suggestions for how to serve your slow cooker bolognaise:

With pasta for spaghetti bolognaise

Stir your bolognaise through cooked pasta for a hot meal or a cold salad dish.

With rice

Serve your bolognaise hot with a portion of brown rice and your favourite vegetables.

Tacos

Using your bolognaise for tacos makes a fun meal for all the family where you can build your own plate and add to your tacos from a variety of options such as salad, rice, grated cheese and your favourite vegetables.

Quesadillas

Make quesadillas by spreading hot bolognaise on a corn tortilla wrap & topping with a little cheddar cheese. Fold the wrap in half and dry fry for a few minutes each side until golden.

Jacket potatoes

Serve your bolognaise on top of a jacket potato with a side salad.



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For information about how to store and reheat leftovers safely, please visit:

www.food.gov.uk/safety-hygiene/chilling AND www.lovefoodhatewaste.com

Recipe produced by the Children's Nutrition Team

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