

SLOW COOKER BOLOGNESE



Makes: 20 half-cup servings

Nutrition Information:

Calories: 146, Carbs: 7 g,
Protein: 7 g; Fiber: 0.4 g,
Fat: 8.5 g, Saturated Fat: 3 g;
Sugar: 4 g



This slow cooker bolognese is a hearty, flavorful recipe that's perfect for busy weekdays or cozy weekend dinners. Serve it over pasta or paired with roasted vegetables.

INGREDIENTS

- 4 ounces pancetta or center cut bacon, chopped
- 1 tablespoon salted butter or olive oil
- 1 large white onion, minced
- 2 celery stalks (about ¾ cup), minced
- 2 carrots (about ¾ cup), minced
- 2 pounds 90% lean ground beef
- ¼ cup white wine
- 2 28-ounce cans crushed tomatoes
- 3 dried bay leaves
- kosher salt and fresh pepper
- ¼ cup chopped fresh parsley
- ½ cup half & half

PREPARATION

In a large deep skillet, sauté the pancetta on low heat until the fat melts, about 4-5 minutes. Add the butter, onions, celery and carrots and cook on medium-low heat until soft, about 5 minutes.

Increase heat to medium-high; add the meat, season with salt and pepper and sauté until browned and cooked through, about 5 minutes. Drain the fat then add wine; cook until it reduces down, about 3-4 minutes.

Transfer to the slow cooker. Add tomatoes, bay leaves, salt and pepper; cover and set slow cooker to LOW 6 hours.

After the 6 hours, adjust salt and pepper to taste, add half & half and parsley; stir and serve over your favorite pasta or spaghetti squash.

Try it over whole grain pasta or roasted veggies.

NOTES

This recipe makes about 10 cups (that's about 20 half-cup servings) Leftovers can be frozen for future meals. To reheat, thaw in the refrigerator then reheat on the stove or crock pot.