

Slow Cooker Bolognese

Jacob · 30/09/2024

**Prep Time**

4 hrs 45 mins

Difficult

Medium

Servings

8

Description

A very thick and hearty Bolognese meat sauce simmered in the slow cooker

Ingredients

- - 2 tablespoons olive oil - 1 cup finely chopped baby carrots - 1 onion
- finely chopped - 2 cloves garlic
- minced - 1 pound lean ground beef - 1 ½ cups whole milk
- divided - 1 (28 ounce) can crushed tomatoes - 1 (6 ounce) can tomato paste - 1 teaspoon dried basil - 1 teaspoon dried oregano - ½ teaspoon salt - ½ teaspoon ground black pepper - ¼ teaspoon crushed red pepper flakes - ¼ cup grated Parmesan cheese

Instructions

1. Heat olive oil in a large skillet over medium heat. Add carrots
2. onion
3. and garlic; sauté until tender
4. about 10 minutes. Add ground beef; cook and stir
5. breaking up the meat as it cooks
6. until browned
7. 5 to 7 minutes. Drain off excess fat from the skillet. Pour in 1 cup milk and bring to a simmer. Reduce the heat to medium-low and simmer until milk is absorbed
8. about 15 minutes. Transfer beef mixture to a slow cooker and set to High. Stir in crushed tomatoes
9. tomato paste
10. basil
11. oregano
12. salt
13. pepper
14. and red pepper flakes. Cover and cook for 2 hours. Stir in remaining 1/2 cup milk and Parmesan cheese until well combined; continue to cook for 2 more hours. Recipe Tip You can use a beef
15. pork
16. and veal meatloaf mix instead of the ground beef if you prefer. Editor's Note: Please note the differences in cooking instructions when following the magazine version of this recipe.