Slow Cooker Bolognese Sauce

Ingredients
- 500g ground beef
- 1 onion
- 2 carrots
- 2 sticks celery
- 3 cloves garlic
- 1 tbsp olive oil
- 1 can stewed tomatoes
- 1 can tomato paste
- 1 tbsp Worcestershire Sauce

Making it
- Finely chop the onion, carrots, celery and garlic. Fry them gently in olive oil for around 8 minutes until softened. Put into the Slow Cooker.
- Add the beef, tomatoes, tomato paste and Worcestershire Sauce.
- Cook on Low for 8 hours.
- Serve with cooked spaghetti or pasta

NUTRITION FACTS
Servings: 4

PER SERVING
- Calories (kcal): 380
- Fat (g): 12.3
- Carbohydrate (g): 26.2
- Fibre (g): 7.3
- Protein (g): 40.8

TIPS & HINTS
Serve with whole grain pasta for an extra kick of fibre!