Slow Cooker Beef Bolognese

Ingredients

- 500g lean ground beef
- 1 large onion, chopped
- 2 red peppers, chopped
- 150g mushrooms, sliced
- 1 large carrot, grated
- 3 garlic cloves, finely chopped
- 400g tinned tomato sauce/puree
- 1 tin chopped tomatoes
- 1 beef stock pot (or stock cube)
- 2 tbsp. Italian herb seasoning or oregano
- Salt and pepper, to taste

Making it

1. On medium/high heat, fry the ground beef without oil in a pan it is until browned
2. Drain off the excess fat from the browned beef
3. Add the cooked beef along with all of the other ingredients to a slow cooker and mix thoroughly
4. Season to taste with salt and pepper
5. Cook on low for 4-6 hours
6. Serve over cooked pasta

NUTRITION FACTS

<table>
<thead>
<tr>
<th>SERVINGS</th>
<th>PER SERVING</th>
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<tbody>
<tr>
<td></td>
<td>Calories (kcal): 380</td>
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<tr>
<td></td>
<td>Fat (g): 10.9</td>
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<td>Carbohydrate (g): 27.8</td>
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<td>Fibre (g): 5.6</td>
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<td>Protein (g): 42.3</td>
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TIPS & HINTS

Make sure you don’t overfill your pan so you can brown the meat and not stew it for better flavour. Heat the pan to medium high so when the ground beef is added to the pan it sizzles.