
SLOW COOKED BIG BATCH BOLOGNESE

PREP TIME: 20 mins | COOK TIME: 6H 0 min | TOTAL TIME: 6H 20 mins | SERVES: 16



IMPORTANT

This recipe fills my 6 litre slow cooker to it's capacity- so if yours is smaller, reduce ingredients accordingly.

EQUIPMENT & TOOLS

Slow cooker (or large pot)

ALTERNATE COOKING METHOD

Instead of the slow cooker, this may be cooked on the stovetop. Just make sure your meat is cooked throughout!

INGREDIENTS

spray oil
5 garlic cloves, finely chopped
4 onions, diced (650g)
1.8 kg minced beef
400g pancetta, cubed
5 tbsp curry powder
10 tbsp tomato paste
3 tsp sugar
1.1 litres passata (tomato puree)
4 chicken cubes
1 tbsp dried oregano
s&p
500g spaghetti, cooked

METHOD

1. Place your slow cooker pot on the stovetop (or switch to saute, or do this step in a separate pan) and saute the garlic and onion in the spray oil for 5 minutes.
2. Add the pancetta, curry powder and s&p. Combine. Let them cook for 3 minutes.
3. Add the minced beef. Let it cook for a few minutes and combine, allowing the mixture to start cooking and reducing in size.
4. After 10 minutes, add the tomato paste, sugar, and tomato puree, as well as the chicken cubes. Combine.
5. Place your slow cooker pot into the main slow cooker unit and set it to cook for 6 hours on low.
6. When done, combine well to ensure the cubes have been mixed in properly.
7. Serve 1/4 of the portion with your cooked spaghetti. The rest goes into the freezer (see note below). Enjoy!

BATCH COOKING & FREEZING TIP

This recipe makes 4 family servings for my family of 4. Freeze the extra portions in freezer bags. Lie them flat to not take up too much space.

NUTRITIONIST RECOMMENDATIONS

Our nutritionist, Fleur Bugeja, recommends the following



BALANCED RECIPE

This recipe is approved as balanced, with a good mix of proteins, fats, and carbs.



WATCH YOUR WEIGHT

Keep an eye on your portion size. Guidelines recommend 80-100g of uncooked pasta for adults. Using wholemeal pasta will increase the fibre content of this meal, which will make it satiating. Beef mince can be substituted to half beef, half chicken. Pancetta may be replaced by gammon or ham. Replace the sugar in the tomato sauce with grated apple, & use home-made chicken stock instead of cubes. Adding grated carrots & zucchini will increase the fibre content of this bolognese.

MEAT-FREE

Use lentils in place of the beef mince and pancetta.

DAIRY-FREE & LACTOSE-FREE

This recipe is dairy and lactose free.

GLUTEN-FREE

Opt for gluten-free pasta.