



Slow Cooker Spaghetti Bolognese



Ingredients

- 2 tbsp olive oil
- 4 garlic cloves , crushed
- 1 onion , diced
- 2 lb ground beef
- 1 cup red wine such as a cabernet sauvignon or merlot
- 2 x 28oz canned crushed tomato
- 4 tbsp tomato paste
- 3 beef bouillon cubes , crushed
- 2 tsp Worcestershire Sauce
- 3 tsp dried oregano
- 2 tsp dried thyme leaves
- 3 dried bay leaves
- 2 tsp red pepper flakes (optional)
- 1 tsp salt
- ½ tsp pepper
- ½ lb spaghetti , dried

Method:

1. Heat 1 tbsp olive oil in a large skillet over medium high heat. Add garlic and onion, and cook until translucent and sweet - around 7 minutes. Transfer to slow cooker.
2. Heat 1 tbsp oil in the same skillet and increase heat to high. Add beef and cook until browned. Cook in two batches if your skillet is not large enough. Transfer to slow cooker.
3. Turn the stove down to medium and add red wine. Bring to simmer and scrape all the brown bits off the bottom of the skillet into the wine, then pour the mixture into the slow cooker.
4. Add remaining ingredients into the slow cooker. Cook on Low for 6 hours.
5. Bring a large pot of water to boil and cook the spaghetti until just before al dente (still slightly firm). Remove one mug of the water from the pot, and then drain the pasta.
6. Return the pasta to the pot and add 2 ½ - 3 cups of Bolognese Sauce, plus ½ cup of reserved pasta water. Toss gently over medium high heat for 2 minutes, or until the Sauce has thickened and coats the spaghetti. (Note 3)
7. Serve immediately with freshly grated parmesan cheese if desired.