Community Integrated Care

Slow Cooker Bolognese!

CARE TO COOK

What you will need

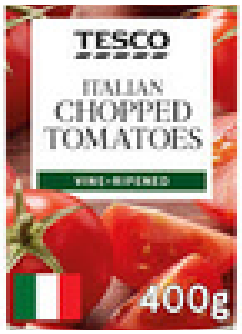
Community Integrated Care



1 Chopped Carrot



1 Teaspoon of Lazy Garlic



1 Tin of Chopped Tomatoes



1 Oxo Cube



1 Teaspoon of Chilli Flakes



1 Diced Onion



500g Minced Beef



Cheese



1 Teaspoon of Salt



Spaghetti

What you will need



Frying Pan



Slow Cooker



Measuring Spoons



Apron



Large Saucepan



Colander

Method

Wash your hands and put on your apron.



Heat a pan over medium heat and add a drizzle of oil.



Add the chopped onion and fry until soft and brown.



Add the beef to the pan with the onions and fry until the meat turns brown.



Pour the cooked beef, onions, chopped carrot, Lazy Garlic, Chilli Flakes and chopped tomatoes into the slow cooker.



Break up and sprinkle the OXO cube into the slow cooker.



Turn the slow cooker to the 'low' setting and cook for 6 hours.



Serve with spaghetti and top with grated cheese.



Method - Spaghetti

Fill a large saucepan with water.



Place the saucepan on the stove on a high heat.



Boil the water.



Add a teaspoon of salt to the boiling water.



Add the spaghetti to the boiling water.



Stir spaghetti gently so it does not stick together.



Cook for 8-12 minutes, stir occasionally.



To check if the spaghetti is done, taste a strand. It should be tender but still slightly firm.



Once the spaghetti is cooked, turn off the heat. Using a colander drain the spaghetti over the sink. Shake the colander gently to remove excess water.

