

# Perfect Slow Cooker Bolognese Sauce

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## **Servings: 8**

*3 tablespoons unsalted butter*  
*1 medium onion, finely chopped*  
*1 carrot, finely chopped*  
*2 stalks celery, finely chopped*  
*1 teaspoon salt*  
*1/4 cup tomato paste*  
*3 cloves garlic, minced*  
*1/2 teaspoon freshly ground black pepper*  
*1/2 teaspoon thyme, chopped*  
*1 teaspoon dried oregano*  
*1/8 teaspoon ground nutmeg*  
*1/2 cup dry white wine*  
*1 cup panko breadcrumbs*  
*1 cup heavy cream*  
*1 1/2 pounds lean ground beef*  
*1 1/2 pounds ground pork*  
*2 cans (28 ounce ea) crushed tomatoes*  
*1 bay leaf*  
*1/3 cup grated Parmesan cheese*  
*salt (to taste)*  
*pepper (to taste)*

## **Preparation Time: 15 minutes**

### **Cook Time: 6 hours**

Melt the butter in a large skillet or Dutch oven over medium heat. Add the onion, carrot, celery and salt. Cook until softened and lightly browned, 8 to 10 minutes. Stir in the tomato paste, garlic, thyme, oregano, pepper and nutmeg. Cook until fragrant, 2 to 3 minutes. Stir in the wine, scraping up any browned bits. Set aside.

Meanwhile, in a slow cooker, combine the panko, cream, beef, and pork with a pinch of salt and pepper. Use your hands to knead the mixture together. Add the vegetable herb mixture and the tomatoes. Stir to combine. Add the bay leaf.

Cover and cook on LOW for nine to ten hours until the meat is tender (or HIGH for six to seven hours).

Break up any large pieces of meat with a spoon. Stir in the Parmesan and season with salt and pepper to taste.

Serve.

*Leftovers will keep in the refrigerator for five days. Or freeze for up to three months.*

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Per Serving (excluding unknown items): 640 Calories; 52g Fat (74.9% calories from fat); 32g Protein; 7g Carbohydrate; 1g Dietary Fiber; 180mg Cholesterol; 544mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat.