

## *Slow Cooker Bolognese*

**THE BEST PART ABOUT THIS RECIPE IS YOU CAN ADJUST THE COOKING TIMES TO WORK BEST AROUND YOUR SCHEDULE- JUST COOK IT ON HIGH OR LOW. THE ONLY BAD THING- YOU HAVE TO COOK STUFF EARLIER IN THE DAY AND THEN WAIT HOURS TO EAT!**

- Servings – 6
- Prep time – 30 minutes
- Cook time – 6.5 hours

### *Ingredients*

- 2 medium carrots, peeled and finely chopped
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 pound ground turkey or beef (we used turkey, of course)
- 1 cup milk
- 1 (28 oz) can crushed tomatoes
- 1 (6 oz) can tomato paste
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 1/2 teaspoon crushed red pepper flakes (optional if you don't have any)
- 1/4 cup Parmesan cheese
- 1/4 cup half and half

### *Protocol*

1. Heat some olive oil over medium heat and add the carrots, onion, and garlic. Cook until tender, about 10 minutes.
2. Add the ground meat and cook until brown, breaking it up as it cooks, another 10 minutes or so.
3. Drain off any excess fat from the pan (if you use ground beef there will be a lot more), carefully! Pour in the 1 cup milk and simmer until the milk is absorbed, another 10 minutes or so.
4. Place the meat mixture into the slow cooker and set the cooker to low. Stir in the crushed tomatoes, tomato paste, salt, pepper, basil, oregano, and red pepper flakes. Cook for around four hours (or two hours on high if it works better with your schedule/you're in a time crunch).
5. Mix in the 1/4 cup of half and half (or milk) and the parmesan cheese. Stir well. Cook for another two hours on low (or 1 hour on high).
6. Serve over pasta and enjoy!