

Hey there, food fans!

As colder weather approaches and schedules become more hectic, slow cooker meals start to take off in popularity. A few years ago I did a recipe quick Bolognese, but today I'm going to show you the recipe for my updated

### Slow cooker Bolognese

This recipe is a great thing to come home to after a long day at work. It can be done with a combination of stovetop and slow cooker, or if you have one of today's most popular kitchen tools, you can make the entire thing in your multi-cooker.

For this recipe you'll need:

- 1lb ground beef
- 1lb ground pork
- 1 large onion, chopped
- 1 large carrot, chopped
- 3 stalks of celery, chopped
- 4 cloves of garlic, minced
- 1 tbsp extra virgin olive oil
- 3 tbsp tomato paste
- 1 28 oz can of crushed tomatoes
- 1 tbsp thyme
- 1 tbsp oregano
- 1 bay leaf
- fresh ground black pepper, to taste
- 1 cup of milk
- 1/4 cup of red wine

Using a pan over medium-high heat or a multi-cooker set to the brown setting, add in the olive oil, onion, carrot, and celery. Cook until onions are translucent, roughly 6 minutes.

Next, add the ground beef, ground pork and tomato paste. Continue cooking until the meat has browned, which should take about 6 to 8 minutes. Stir regularly, breaking up the ground meat.

Drain off the excess the fat.

Transfer into the slow cooker or switch the multi-cooker to the slow cooker mode.

Add in the crushed tomatoes, milk, red wine and seasoning. Stir well.

Cook on low for 6 to 8 hours.

Serve over pasta with freshly grated parmesan cheese. My favorite pasta for this recipe is wide egg noodles. Don't forget to remove the bay leaf before serving.

Happy eating!