

SAUCES & DIPS

Slow-Cooker : Bolognese Sauce

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.65	444 kcal

Slow-Cooker : Bolognese Sauce might be just the sauce you are searching for. This recipe makes 6 servings with 444 calories, 25g of protein, and 29g of fat each. For \$1.65 per serving, this recipe covers 28% of your daily requirements of vitamins and minerals.

Ingredients

☐ 84 ounce diced tomatoes
canned

☐ ½ cup stalk celery, finely chopped

☐ 4 teaspoons kosher salt

☐ 1 cup milk

☐ ½ cup medium onion, finely chopped

☐ ¾ cup carrot, finely chopped

☐ ½ teaspoon ground nutmeg

☐ 1½ pounds combined ground beef and pork, or
meat-loaf mix

☐ 2 tablespoons olive oil

☐ 6 ounce tomato paste
canned

EQUIPMENT Frying pan, Slow cooker

Method

- 1 In a large skillet, combine the onion, celery, carrot, and olive oil and cook over medium heat, stirring frequently, until tender, about 10 minutes.
- 2 Add the meat and cook, stirring frequently, until it loses its pink color.
- 3 Add the milk. Increase heat to high and cook until the milk has evaporated.

- 4 Transfer the mixture to a 4- to 6-quart slow cooker. Return the skillet to the heat and add the tomato paste; cook over low heat to reduce its bitterness, about 5 minutes.
- 5 Add the tomato paste to the cooker, along with the tomatoes, salt, and nutmeg. Cook on low for 8 hours, or on high for 4 hours.

Nutrition per serving

444	25 g	29 g	23 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			10.2 g · 64% of daily needs
Fibre			5.4 g · 21% of daily needs
Sugar			14.1 g · 16% of daily needs
Sodium			2,265 mg · 98% of daily needs
Cholesterol			85.4 mg · 28% of daily needs
Vitamin C			41.7 mg · 51% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/slow-cooker-bolognese-sauce-148404