

# Slow Cooker Meat Sauce

Amount	Measure	Ingredient - Preparation Method
2	pounds	italian sausage - ground
1	pound	ground chuck
2	teaspoons	extra virgin olive oil
2		onion - diced
2		red bell pepper - diced
6	cloves	garlic - minced
84	ounces	crushed tomatoes
8	ounces	tomato paste
1/2	cup	red wine
1		parmesan rind
1	teaspoon	dried thyme
		kosher salt
		black pepper
1/2	teaspoon	dried red pepper

Brown sausage and ground chuck. Remove from heat, drain excess fat, and transfer to slow cooker.

In same pot, heat olive oil over med-high heat. Add onions, peppers and garlic and cook, stirring frequently, until onions and peppers are soft and garlic is fragrant, about 5 minutes. Transfer to slow cooker.

Add tomatoes, paste, wine, parmesan rind, thyme, salt, pepper, and red pepper flakes to slow cooker and stir to combine.

Cook on low for 6-8 hours.

Yield: "4 quarts"