



## SLOW COOKER

### VEGETARIAN SPAGHETTI SAUCE

#### Ingredients:

- 2 tablespoons oil
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 2 cups sliced mushrooms
- 1 green pepper chopped
- 2 cans tomatoes
- 2 tbsp tomato puree
- 1 tsp sugar

#### Method:

1. Cook the onions and carrots in the oil
2. Stir and cook for 4-5 minutes until tender
3. Add the mushrooms and pepper and stir
4. Place vegetables into the bottom of the slow cooker and add remaining ingredients
5. Cover and cook on low for 7 hours.
6. Uncover, stir thoroughly, then leave cover off and turn heat to high
7. Cook, uncovered, for 1 more hour to thicken the sauce

