



Slow Cooker Pasta Bake

Serves 6

Ingredients:

- 2tbsp vegetable oil
- 1 onion, chopped
- 1 garlic clove, peeled and grated or 1 tsp garlic paste
- 400g lean mince
- 2 x 400g tin chopped tomatoes
- 2tbsp tomato puree
- Pinch black pepper
- 1tsp dried mixed herbs
- 100g mature cheddar cheese (grated)
- 400g uncooked pasta (any shape)

Method:

1. Heat oil in frying pan and cook beef on a medium heat for 4 minutes. (separate meat with a fork as you are cooking)
2. Add garlic (only if using fresh) and onions, cook for 5 minutes until onions are softened
3. Set the pan aside while you cook the pasta
4. Bring a large pot of water to the boil and add pasta
5. Cook pasta for 8 -10 minutes until just cooked
6. Drain and set aside
7. Place meat, onions and garlic into slow cooker with tomatoes and tomato paste, cooked pasta, sugar, herbs and black pepper
8. Stir with a wooden spoon
9. Stir in 75g of the cheese and sprinkle the rest on top
10. Cover and cook for 6 - 7 hours on low setting

Remember do not remove lid until cooking time is up.

