

Slow Cooker Vegetarian Spaghetti Sauce



Ingredients:

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

Method:

1. Heat the oil and add the onions and carrots
2. Stir and cook for 4-5 minutes until tender.
3. Add mushrooms and pepper and stir.
4. Place vegetables into 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 sauce

