

Slow-Cooked Italian Meat Sauce

This one-pot recipe comes together quickly as a wonderful sauce for pasta or in lasagna.

Yield: About six to eight servings.

Timing: 30-minutes preparation and 3 hours minimum in the Folding Proofer & Slow Cooker.

Ingredients	Volume	Grams	Ounces
Italian sausage, sweet or spicy	1.5 lb	225	8
Beef, lean ground	1 lb	450	16
Olive oil	3 T	45	1.6
Onion, chopped	1 C	142	5
Garlic cloves, minced	4	20	0.7
Green pepper, chopped*	½ C	70	2.5
Basil	2 tsp	2	0.07
Oregano	1½ tsp	1	0.03
Bay leaves	2	1	0.03
Salt	2 tsp	12	0.4
Tomato puree	1 can	820	29
Tomato paste	1 can	170	6
Red wine	2 T	30	1
Tomatoes, freshly chopped	1 C	200	7
Black pepper	¼ tsp	0.7	0.02
Parsley, freshly chopped	½ C	15	0.5
Mushrooms, coarsely chopped *	½ C	39	1.4
Parmesan or Romano cheese, grated	½ C	50	1.8

*optional

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, metal 6-8 quart / 6-8 L covered stock pot with short handles and less than 8" / 20 cm tall with lid. Less than 8" / 20 cm will allow the pot to rest in the center of the Proofer during slow cooking.

Note: The original Folding Proofer & Slow Cooker product (FP-101 or FP-201) may also be used. Set the Proofer to 120 °F / 49 °C and place the stockpot directly on the base plate of the Proofer. Follow the recipe.

Prepare the Proofer: Remove the water tray and rack from the Proofer. Select Slow Cook Mode. Set the temperature at 195 °F / 90 °C.

Cook first ingredients. In the stock pot, warm olive oil on a stove top at medium heat and then add onion, garlic, and green pepper. Cook until softened for about 8 minutes.

Add spices. Combine spices with ingredients in the pot and mix well.

Combine with meat. Add beef and sausage. Cook for about 4 minutes on medium heat, stirring occasionally.

Add tomato ingredients, pepper and mushrooms. Add tomato puree, tomato paste, chopped tomatoes, red wine, and mix together. Stir in black pepper with mushrooms.

Begin slow cooking. Transfer the stock pot to the Folding Proofer and slow cook for a minimum of 3 hours.

Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just the appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.

Serve. Enjoy served over pasta with parmesan cheese grated over the sauce and garnish with fresh parsley.