



Julie Goodwin's Spaggy Bol

Serves 6-8 as a main, more as part of a shared table

Prep time: 15 minutes

Cook time: 4-5 hours in slow cooker or 2 hours on stove top

- 1 tsp olive oil
- 2 brown onions
- 2 cloves garlic
- 1 kg beef mince
- 2 x 810g tins crushed tomatoes
- 2 tablespoons sugar
- 1 teaspoon salt

In a large non-stick chef's pan, heat olive oil over a medium heat. Add garlic and onion and stir until soft but not brown. Add mince to the pan and brown.

Using a wooden spoon, make sure you get rid of any lumps in the mince.

If you have a slow cooker, put the mince in along with the tomatoes, sugar and salt. Simmer covered on the high setting for 2 hours, then uncover and cook for a further 2-3 hours, stirring occasionally.

The sauce initially appears quite runny and not a very rich colour. As it cooks and reduces, it achieves a thick consistency and a beautiful red colour. You will know when it's ready – it becomes very aromatic.

To do the recipe on the stove top is equally effective but you need to be a lot more vigilant to make sure it doesn't burn on the bottom of the pot. Keep it over a very low heat uncovered, and stir it frequently for around 2 hours.

