

# SLOW-COOKED BOLOGNESE

**This is one of my favourite slow-cooked meals and is great when made in large quantities and popped in the freezer.** You can serve it with a salad at lunch or with wedges at dinner. This recipe calls for beef mince: I would always suggest grass-fed beef as many cows, including organic herds, are fed a part-grain diet, which can contain gluten. For suppliers, have a look at the resources section at the back of the book.

## INGREDIENTS (SERVES 4)

- \* 1 tbsp organic raw goat's butter or organic coconut oil
- \* 2 organic red onions, finely chopped
- \* 4 cloves of organic garlic, finely chopped
- \* 8 rashers organic nitrate-free streaky bacon
- \* 1 kg organic grass-fed minced beef or buffalo
- \* 3 medium organic carrots, chopped small
- \* 1 jar / 680 ml organic passata
- \* 3 tbsp organic tomato purée
- \* 1 tsp ground cinnamon
- \* Small handful of fresh oregano, chopped
- \* Sea salt, to taste

## METHOD

1. Pre-heat the slow cooker to high.
2. Heat your oil in a large saucepan on a moderate heat, then add the onions and garlic. Sauté until translucent.
3. Now add the bacon bits and mince before cooking until browned.
4. Remove from the heat and stir in the tomato / passata, tomato purée, carrots, cinnamon, oregano and sea salt.
5. Transfer to your slow cooker, turn the heat down to low and leave to cook for four to six hours.

**NOTE:** About 30 minutes before you are ready to eat, you can roast some sweet potato wedges (see page 128 for recipe) or make a seasonal salad (see page 79 onwards for various recipes).

## WORLD'S BEST CHILLI

This is another classic dish that melts in the mouth, thanks to the wonders of the slow cooker. As with any of my recipes that call for legumes, I always opt for dried beans and soak then simmer them; this releases most of the harmful phytates that can disrupt digestion and mineral absorption. Double up on the recipe and put batches in the freezer to make the extra effort even more worthwhile. I tend to opt for stewing steak over mince as the quality of the meat is far superior and much less likely to have nasty gluten fillers hiding inside.

## INGREDIENTS (SERVES 4-6)

- \* 1 kg organic grass-fed beef or bison stewing steak
- \* 1 white organic onion, peeled and chopped
- \* 2 organic carrots, peeled and chopped
- \* 200 g dried organic adzuki beans
- \* 1 tbsp coconut oil
- \* 1 jar / 680 ml organic passata
- \* 1 cup / 250 ml healing broth (see page 177 for recipe)
- \* Juice of 1 organic lime
- \* 2 tsp coriander seeds
- \* 2 tsp cumin seeds
- \* 2 heaped tsp cumin powder
- \* ½ tsp hot chilli powder
- \* 1 tsp cinnamon powder
- \* 2 tsp dried oregano
- \* 1 tsp dried thyme
- \* Sea salt, to taste

## BASIC ADZUKI BEAN PREP

1. Prepare the adzuki beans by soaking them overnight in a bowl of filtered water to which you have added the juice of a fresh lemon. I suggest you soak up two batches of beans and double your chilli for the freezer.
2. Next, bring a large pan of filtered water to a low boil and add the adzuki beans. Cook for two hours or until soft. Drain and either use immediately or store in the fridge.

**NOTE:** you can always cook your dried pulses in the slow cooker for ease. I would recommend a minimum of four hours on high.

## METHOD

1. Measure out the dried spices and herbs, and mix with the stewing chunks. Allow to infuse for at least an hour – or you can marinate overnight for a deeper flavour.
2. Heat a frying pan with coconut oil. Add the cumin and coriander seeds and fry until they pop.
3. Add the onion and sauté on a low heat until translucent and golden.
4. Stir the beef / bison into your onion and spices, and cook until browned.
5. Pour the broth, passata, lime juice, marinated beef, carrots, legumes, onion and spices into your slow cooker. Set the heat to high and allow to cook for four to six hours, or until the beef melts in the mouth.

**NOTE:** About 30 minutes before you are ready to eat, prepare some sweet potato wedges (see page 128 for recipe) and Karen's classic carrot salad (see page 79 for recipe).