

Open Kitchen Recipes



**OPEN
KITCHEN**

Budget friendly “Slow cooker style Lasagna”

Servings:

6 servings as a full meal on its own.

Cooks for:

approx 4 hours in the slow cooker (very low energy, costs approx 30p in electricity on a standard tariff)

Prep / Active cooking time: 15-20minutes

Cooking equipment:

- 3.5 litre capacity slow cooker
- 1 chopping board
- 1 sharp knife
- 1 dessert spoon and one teaspoon
- frying pan and wooden spoon/silicone spoon

Ingredients

1 tbsp extra virgin olive oil, extra for greasing
1kg beef mince, vegan mince or mixed dice veg (carrots, celery, onion, mushrooms...)
90g (6 tbsp) tomato paste
125ml (1/2 cup) red wine optional (you can use 125ml of your preferred stock instead)
680g Bolognese Sauce or 2 cans chopped herbed tomatoes
250ml chicken or veg stock
1 tbsp dried oregano leaves
250g dried lasagne sheets
400g grated cheese
500g Jar of white sauce

Method:

- Heat the oil in a large frying pan over high heat. Cook the mince, stirring with a wooden spoon to break up any lumps, for 10 minutes or until the mince changes colour. Add the tomato paste. Cook, stirring, for 1 minute to coat. Add the wine (or stock). Cook for 1 minute or until the wine evaporates. Add the pasta sauce, stock and oregano. Season. Simmer for 10 minutes or until reduced slightly.

- Grease the insert of a 3.5L slow cooker. Spread a thin layer of the mince mixture over the base of the insert. Cover with a layer of lasagne sheets, breaking the sheets to fit, if necessary. Mix the grated cheese in with the sauce mix. Drizzle one-fifth of the cream mixture over the lasagne sheets and top with one-quarter of the remaining mince mixture.

Continue layering with remaining lasagne sheets, cream mixture and mince mixture, finishing with a layer of cream mixture. Sprinkle with remaining cheese.

- Cook on Low for 3 1/2 - 4 hours or until the lasagne sheets are tender and the liquid is mostly absorbed. Carefully remove the insert from the slow cooker. Set aside, covered, for 10-15 minutes to rest.

Serve!