Slow Cooker Spaghetti Sauce

Homemade spaghetti sauce slow cooked to perfection. Just pour over noodles when you arrive home.

Prep Time	Cook Time	Total Time
20 mins	8 hrs	8 hrs 20 mins



Course: Main Course Cuisine: American

Keyword: Slow Cooker Spaghetti Sauce Servings: 10

Calories: 148kcal Author: Sarah Olson

Equipment

• Slow Cooker- 6 quart or larger

Ingredients

- 1 lb. ground beef
- 28 oz. can crushed tomatoes
- 28 oz. diced tomatoes (two 14 oz. cans) do not drain
- 6 oz. can tomato paste
- 2 Tbsp. brown sugar
- 1/2 cup diced white onion
- 2 garlic cloves minced
- 1 Tbsp. dried oregano
- 2 tsp. dried basil
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1 pinch red pepper flakes

For serving:

- cooked noodles
- parmesan cheese

Instructions

- 1. In a large skillet set to medium high heat, add the ground beef. Brown and crumble with a spatula or wooden spoon. Drain the fat.
- 2. Add the meat to the slow cooker. Add the crushed tomatoes, diced tomatoes, tomato paste, brown sugar, onion, garlic, oregano, basil, salt, pepper and red pepper flakes. Stir.
- 3. Place the lid on the slow cooker. Cook on LOW for 8 hours or HIGH for 4 hours. Do no open the lid during the cooking time.
- 4. Serve with desired cooked noodles and top with parmesan cheese.

Notes

Can I use Italian Sausage instead of ground beef?

- You can substitute one pound of Italian Sausage for the ground beef in this recipe.
- Cut the salt in half for the recipe in half if you use Italian sausage.

Can I use frozen meatballs instead of ground beef?

Use a 2 lb. bag of frozen meatballs if desired in place of the ground beef.

Can I make this Vegetarian?

- Add soy crumbles to this recipe instead of ground beef if desired.
- Or add chopped carrots, celery and mushrooms.

Can I add red wine?

Add a half cup of red wine at the beginning of the recipe if you would like a red wine flavored sauce. I like to use red blend when I'm cooking (and drinking).

Can I add uncooked noodles to the slow cooker?

DO NOT add uncooked noodles to the slow cooker. The slow cooker doesn't get hot enough, fast enough to properly cook noodles. The noodles will turn out mushy.

Nutrition

Calories: 148kcal | Carbohydrates: 16g | Protein: 12g | Fat: 5g | Saturated Fat: 2g | Cholesterol: 29mg | Sodium: 511mg | Potassium: 723mg | Fiber: 3g | Sugar: 10g | Vitamin A: 531IU | Vitamin C: 19mg |

Calcium: 81mg | Iron: 4mg

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