**Crock Pot Bolognese Sauce**

**Ingredients**

* 4 oz Turkey Bacon (or center cut bacon)
* 2 tbsp butter (or olive oil)
* 1 large white onion, minced
* 2 celery stalks (about 3/4 cup), minced
* 2 carrots (about 3/4 cup), minced
* 2 lb 95% lean ground beef or bison
* 1/4 cup white wine
* 2 - 28 oz cans crushed tomatoes
* 3 bay leaves
* salt and fresh pepper
* 1/4 cup chopped fresh parsley
* 1/2 cup So Coconut creamer or half & half cream

**Directions**

1. In a large deep saute pan, sauté turkey bacon on low heat Add butter, onions, celery and carrots and cook on medium-low heat until soft, about 5 minutes.
2. Increase flame to medium-high; add meat, season with salt and pepper and sauté until browned. **Drain** the fat then add wine; cook until it reduces down, about 3-4 minutes.
3. **Add** to crock pot. Add tomatoes, bay leaves, salt and pepper; **cover** and set slow cooker to **LOW** 6 hours.
4. After the 6 hours, adjust salt and pepper to taste, add half & half and parsley; **stir** and serve over your favorite pasta or spaghetti squash
5. Try this non dairy parmesan cheese it is so good! I served my kids the spageheti squash with the Bolognese sauce topped with this Parmesan cheese and they loved it!

**Non-Dairy Parmesan Cheese:**

* 1 cup walnuts
* 2 Tbs. nutritional yeast
* 1 tsp. Italian seasoning
* ½ tsp. Celtic or Himalayan sea salt

**Italian Seasoning**

*This Italian seasoning mix came from a friend of my mother- Pat Keenan who studied in Italian cooking in Italy – love it!*

* 1 TBS each Basil, Marjoram(oregano), Rosemary
* 1tsp each Sage, and thyme.
* Mix together and keep in a spice jar.