

# Three-Pork Bolognese Joes

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## Servings: 10

1 pound ground pork  
8 ounces bulk Italian sausage  
4 ounces pancetta or bacon, chopped  
1 large (1 cup) onion, chopped  
3 cloves garlic, minced  
1 cup (two medium) carrots, chopped  
1/2 cup (one stalk) celery, chopped  
1/2 cup (one small) red sweet pepper, chopped  
1/2 cup dry red wine or chicken broth  
1/4 cup tomato paste  
1/2 teaspoon salt  
1/2 teaspoon ground thyme  
1/4 teaspoon crushed red pepper  
1/2 cup whole milk  
1/4 cup fresh parsley, chopped  
10 ciabatta rolls, split  
assorted toppings (fresh mozzarella slices, shredded fresh basil leaves, and/or roasted red sweet peppers, cut into chunks) (optional)

## Preparation Time: 40 minutes

### Slow Cooker: 8 hours 20 minutes

In an extra-large skillet, cook the ground pork, sausage, pancetta, onion and garlic over medium heat until the meat is browned and the onion is tender, using a spoon to break up the meat as it cooks. drain off the fat.

In a 3-1/2- or 4-quart slow cooker, combine the meat, carrots, celery and sweet pepper.

In a small bowl, combine the wine, tomato paste, salt, thyme and crushed red pepper. Add to the slow cooker.

Cover and cook on LOW heat for six to eight hours OR on HIGH heat for three to four hours.

If you have used the low heat setting, turn the slow cooker to HIGH. Add the milk and parsley. Stir. Cover and cook on HIGH heat for 20 minutes.

Using a slotted spoon, spoon the meat into the rolls. If desired, add the toppings.

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Per Serving (excluding unknown items): 142 Calories; 10g Fat (64.3% calories from fat); 9g Protein; 4g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 195mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Pork, Sandwiches, Slow Cooker

<b>Calories (kcal):</b>	142	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	64.3%	<b>Vitamin B12 (mcg):</b>	.4mcg
<b>% Calories from Carbohydrates:</b>	11.4%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	24.4%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	10g	<b>Folacin (mcg):</b>	11mcg
<b>Saturated Fat (g):</b>	4g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	34mg	<b>% Refused:</b>	0 0%
<b>Carbohydrate (g):</b>	4g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	9g		
<b>Sodium (mg):</b>	195mg		
<b>Potassium (mg):</b>	269mg		
<b>Calcium (mg):</b>	34mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	7mg		
<b>Vitamin A (i.u.):</b>	2290IU		
<b>Vitamin A (r.e.):</b>	232 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

<b>Calories</b>	142	<b>Calories from Fat:</b>	91
<b>% Daily Values*</b>			
<b>Total Fat</b>	10g		16%
Saturated Fat	4g		19%
<b>Cholesterol</b>	34mg		11%
<b>Sodium</b>	195mg		8%
<b>Total Carbohydrates</b>	4g		1%
Dietary Fiber	1g		3%
<b>Protein</b>	9g		
<b>Vitamin A</b>			46%
<b>Vitamin C</b>			12%
<b>Calcium</b>			3%
<b>Iron</b>			4%

\* Percent Daily Values are based on a 2000 calorie diet.