



5-Way Cincy Chili

Servings 4 | Prep time 10 mins. | Total time 35 mins.

Equipment: Large Pot, Large Frying Pan,
Measuring Cups and Spoons

Utensils: Stirring Spoon

Ingredients

8 ounces whole wheat spaghetti
1 tablespoon olive oil or vegetable oil
1 pound lean (85% or leaner) ground beef
1 medium onion, diced
2 teaspoons cocoa powder
2 tablespoons chili powder
1 teaspoon ground cinnamon
1 15 ounce can no salt added crushed tomatoes
1 14 ounce can reduced-sodium beef broth
1 15 ounce can no salt added kidney beans, drained and rinsed
1 cup shredded low-fat cheddar cheese

Instructions

1. Before you begin, wash your hands, surfaces, tops of cans, and utensils.
2. Cook pasta in a large pot of boiling water until just tender, 8 to 10 minutes or according to package directions. While pasta is boiling, begin step 3. Drain and set pasta aside.
3. Heat oil in a large frying pan over medium-high heat. Add beef, onion, cocoa powder, chili powder, and cinnamon. Cook, stirring and breaking up lumps with a spoon, until the onion is beginning to soften, about 5 minutes.
4. Stir in tomatoes and broth; bring to a boil. Reduce heat to bring contents to a fast simmer and cook, stirring frequently, until the chili is thickened, about 15 minutes.
5. Stir beans into the sauce. Cook, stirring, until heated through, about 1 minute more. Serve chili over pasta, and top with shredded cheese.

Nutritional Information:

Calories 680
Total Fat 24g
Sodium 610mg
Total Carbs 74g
Protein 48g