



Cincinnati Chili and Salad

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

930 calories

33 g total fat

440 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. ground beef
- 1 1/2 cups diced yellow onions
- 2 garlic cloves, minced
- 1 (15 oz) can tomato sauce
- 2 green onions, thinly sliced
- 2 TB Worcestershire Sauce
- 1 TB white wine vinegar
- 1 lb. spaghetti noodles
- 1/2 cup cheddar cheese shredded
- 2 TB tomato paste
- 1/4 cup sour cream
- Cincinnati Chili Blend (1/2 tsp paprika, 1/2 tsp cumin, 1/2 tsp coriander, 1/2 tsp oregano, 1/8 tsp cayenne pepper & 1/4 tsp ground cinnamon)
- Salad Greens
- 1 cucumber, sliced
- 1/2 cup shredded carrots
- Favorite salad dressing**
- Olive oil and Salt & Pepper**

DIRECTIONS:

1. Heat a large pot of salted water to boiling on high. Wash and dry fresh produce. Peel and mince the **2 garlic cloves**. Cut off and discard the root ends and 1 inch top of the **green onions**; thinly slice. Slice **cucumber**. Set aside.
2. In a large skillet heat a drizzle of **olive oil** on medium high heat. Add the **diced onions**. Season with **salt** and **pepper**, to taste. Cook for 3-4 minutes. Add the **minced garlic**, cook for 2 minutes, stirring frequently. Add the **ground beef** and **Cincinnati Chili Blend**. Cook stirring frequently breaking the meat apart, about 6 minutes or until browned. Add **2 TB tomato paste** to the pan. If it seems dry, add a splash of water. Cook stirring frequently for 2 minutes. Add the **can of tomato sauce** and **1/2 cup of water**. Cook stirring occasionally for about 7 minutes or until the chili is thickened to desired consistency. Turn off the heat and stir in **Worcestershire sauce** and **white wine vinegar**.
3. Add the **spaghetti noodles** to the boiling water and cook stirring occasionally per package directions for al dente. Turn off the heat. Drain noodles thoroughly and return to the pot. Add the **sour cream** and a drizzle of **olive oil** to the noodles and stir to coat well.
4. Serve the chili over the cooked spaghetti and garnish with **shredded cheese** and **sliced green onions**.
5. Toss the **salad greens**, **sliced cucumber**, and **shredded carrots** with your favorite salad dressing.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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