

## Chili Spaghetti (Cincinnati Chili)

A good, homey casserole with Ohio origins



**Servings: 10**

**Preparation Time: 30 minutes**

Start to Finish Time: 1 hour 30 minutes

1. Heat a large skillet with olive oil, then crumble in the ground beef. While it is cooking, mince up the onion, shallot and garlic separately. Once the beef has lost all its pink color, add the onion and shallot, stir in and continue cooking for about 5 minutes. Add the garlic and cook for another 1 minute or so. Add the chili powder and cumin, the tomatoes, tomato sauce and beans. Stir gently with a spoon, then bring to a boil, cover and simmer for about 30 minutes. Taste for seasoning and add salt and pepper as needed. If the chili is too thick, add water to make it a soupy consistency (the pasta absorbs much of the liquid when it's baked).

2. Preheat the oven to 350°. Bring a large pot of water to a boil, add about a teaspoon of salt, then boil the pasta of your choice (I just happen to like the thin linguine, but any pasta will do) until it's just undercooked, al dente. Drain (but do not rinse). Return pasta to the pot and add the butter (if you want to add it), stir until melted. Have the piles of cheese nearby. Use a 9 x 13 pan, and spray with cooking spray. Add buttered pasta first (you'll be making two layers), then scoop the hot chili over it, spread to cover the pasta, then sprinkle liberally with the cheeses, then more pasta, more chili, and top with the remainder of the cheese. Bake for about 25-30 minutes until the cheese is bubbling hot. Serve.

### Chili:

**1 pound lean ground beef**

**1 tablespoon olive oil**

**1 whole yellow onion, chopped**

**2 cloves garlic, peeled, minced (2 to 3)**

**1 whole shallot, peeled, minced (optional)**

**16 ounces chopped tomatoes, with juice**

**2 tablespoons chili powder**

**1 tablespoon ground cumin**

**Salt and pepper to taste**

### Casserole:

**16 ounces black beans, with juice**

**8 ounces tomato sauce, preferably low sodium**

**water, as needed**

**1 pound linguine, cooked al dente**

**2 tablespoons butter, optional**

**6 ounces monterey jack cheese, shredded**

**6 ounces cheddar cheese, shredded**

Per Serving (excluding unknown items): 635 Calories; 26g Fat (36.3% calories from fat); 33g Protein; 68g Carbohydrate; 10g Dietary Fiber; 73mg Cholesterol; 415mg Sodium. Exchanges: 4 Grain(Starch); 3 Lean Meat; 1 Vegetable; 3 1/2 Fat.