



PICKY EATER PROOF

## Cincinatti Chili Con Carne

with Spaghetti & Romaine Salad



30-40min



2 Servings

Cincinatti chili is a regional treasure of deliciousness. What makes this chili so unique? The chili is spiced with cinnamon and other not so traditional chili spices –amplifying the meatiness with both savory and sweet flavors. The chili comes together in a tomatoey sauce served over spaghetti topped with shredded cheese and chopped onions. It's a party on a plate.

## What we send

- spaghetti <sup>1</sup>
- grass-fed ground beef
- tomato sauce
- sharp cheddar cheese <sup>7</sup>
- red onion
- sour cream <sup>7</sup>
- garlic
- Mexican chili spice
- apple pie spice
- romaine heart

## What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil

## Tools

- box grater
- colander
- pot with a lid
- skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1160kcal, Fat 51g, Carbs 118g, Proteins 53g



### 1. Cook spaghetti

Bring a large pot of **salted water** to a boil. Add **spaghetti** and cook, stirring often to prevent clumping, until al dente, 8-9 minutes. Reserve **¾ cup cooking water**, then drain spaghetti, return to pot, and toss with **1 teaspoon oil**. Set aside until step 6.



### 4. Cook chili

Heat **½ tablespoon oil** in same skillet over medium-high. Add **garlic** and **all but 3 tablespoons of the onions**; cook until softened, 1 minute. Stir in **tomato sauce**, **beef**, **reserved pasta water**, **¾ teaspoon of the apple pie spice**, and **1¼ teaspoons of the Mexican chili spice**. Bring to boil. Reduce heat and simmer until meat is tender and chili thickens, 7-9 minutes.



### 2. Prep ingredients

Peel and finely chop **1 cup onion**. Peel and finely chop **1 teaspoon garlic**. Finely chop **cheese**, or coarsely grate on the large holes of a box grater.



### 5. Make salad

Cut **romaine** crosswise into 1-inch pieces, discarding end. In a large bowl, whisk together **1 tablespoon oil** and **1 tablespoon vinegar**. Season to taste with **salt** and **pepper**. Add romaine to bowl and toss to combine.



### 3. Brown beef

Heat **½ tablespoon oil** in a medium skillet over medium-high until shimmering. Add **beef** and season with **½ teaspoon salt** and **a few grinds pepper**. Cook beef until browned, breaking up any large pieces with a spoon, about 4 minutes. Transfer to a bowl.



### 6. Serve

Season **chili** to taste with **salt**. Serve **spaghetti** topped with **chili**, **cheese**, **remaining chopped onions**, and **sour cream** and with **salad** alongside. Enjoy!