

## Cincinnati Chili



- 1 (16 ounce) package mild turkey breakfast sausage
- 1 cup chopped sweet onion
- 4 medium garlic cloves, minced
- 1 (15 ounce) can tomato sauce
- 1 cup water
- 2 Roma tomatoes, diced
- 1 tablespoon apple cider vinegar
- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cayenne pepper
- 1/4 teaspoon paprika
- Pinch ground allspice
- 1 (15 ounce) can black beans, rinsed and drained
- 1 tablespoon extra virgin olive oil
- 1 (16 ounce) package brown rice spaghetti, uncooked
- 3 to 4 green onions, sliced
- Shredded Cheddar cheese

**In a Dutch oven**, cook and brown breakfast sausage, sweet onion, and garlic over medium heat. Add tomato sauce, water, tomatoes, vinegar, chili powder, cumin, cayenne pepper, paprika, and allspice. Reduce to medium-low. Simmer for 30 minutes, stirring occasionally. Add black beans and olive oil. Continue cooking, stirring occasionally.

**Meanwhile**, cook spaghetti in boiling water. Drain.

**To serve**, top spaghetti with chili mixture. Garnish with green onions and Cheddar cheese.

Serves 4 to 6

**Cook's Note:** If a Greek flavor is preferred, increase ground allspice to 1/4 teaspoon and add 1 teaspoon ground cinnamon.

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