



Veggie Chili

Ingredients:

- 1 medium spaghetti squash (about 3 pounds)
- 1 small onion, finely chopped
- 2 tablespoons olive oil
- 2 cloves garlic, chopped
- 1 pound ground beef chuck
- 2 tablespoons tomato paste
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- Kosher salt and freshly ground pepper
- 1 28 oz. can diced tomatoes
- 1 15 oz. can kidney beans, drained and rinsed

If using a spaghetti squash, preheat oven to 400 degrees. Halve spaghetti squash and seed, place cut side down on a baking sheet for about 25 minutes, until a knife inserts easily. Let cool and scrape the insides with a fork to loosen spaghetti like strands.

Meanwhile, put half of the onion in a small bowl and cover with cold water and sit aside. Heat the oil in a large pan over medium heat. Add the remaining onion and the garlic. Cook, stirring occasionally, until slightly softened, about 3 minutes. Add the beef, tomato paste, chili powder, cumin, paprika, cinnamon, oregano, cayenne, 1 tsp salt and a few grinds of black pepper. Cook stirring occasionally, until the beef is browned, about 7 minutes.

Add the tomatoes and 1 1/2 cups water to the beef mixture and add the kidney beans. Increase the heat to medium high and bring to a boil. Reduce the heat to medium low and simmer, stirring occasionally, until the chili is slightly thickened, about 20 minutes; season with salt and black pepper.

Drain the reserved onion; pat dry. Top each serving of chili with the spaghetti squash, (if using), onion, cheese and oyster crackers, (if using). Or serve with cornbread.

[Serving size: four]

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