

Chili Spaghetti

Copyright © 2018 by Cooking With Carolyn

Ingredients

Yield: 4 to 6 Servings

- 3 to 4 Tablespoons Olive Oil, or your choice of oil
- 1¼ Pound Lean Ground Turkey, 93%/ 7%
- ½ Cup Onions, diced
- 1/3 Cup Bell Pepper, diced
- 1/3 Cup Celery, diced
- 3 to 4 Cloves Garlic, finely minced
- 1 Bay Leaf
- 2 Tablespoons Grand Diamond All Purpose Seasoning
- 1 to 2 Teaspoons Kosher Salt
- 1 Teaspoon Black Pepper
- 3 Tablespoons Chili Powder
- 1 Teaspoon Smoked Paprika
- 2 Teaspoons Ground Cumin
- 1 Teaspoons Ground Coriander
- 2 Teaspoons Oregano
- 1½ Teaspoons Mustard
- 2 Teaspoons Light or Dark Brown Sugar, lightly packed
- 1 Teaspoon Red Pepper Flakes (optional)
- 1-14oz. Can Diced Tomatoes
- 5 Tablespoons Tomato Paste
- 1 Tablespoon Worcestershire
- 2½ Cups Low Sodium Chicken Stock/Broth
- To Taste Shredded Cheddar Cheese
- 1- 15 Ounce Can Beans, drained and rinsed, pinto, kidney, or black beans (use beans if you're not going to serve the chili over spaghetti)

Directions

First, chop the onions, bell pepper, celery and garlic. In a large skillet, or medium size pot, add the oil and turn the heat to medium-high. Once the oil is hot, brown the ground turkey for about minutes. Next, add all of the ingredients into the skillet. Stir well. Bring up to a boil, then turn the heat down to medium-low and simmer uncovered for 15 to 20 minutes. (**Tip:** If you like the consistency of the chili at the 15-minute mark, turn off the heat. If the chili becomes too “tight”, or thick, just add a few more tablespoons of chicken stock.)

Meanwhile, bring a large pot of water, 3 to 4 quarts, to a boil over high heat. Add 3 to 4 tablespoons of salt to the water. Add the pasta and boil to the desired tenderness. Drain the pasta in a strainer/colander, do not rinse it.

Once it's done, serve any way you like. Ladle the chili over each serving of pasta or toss the chili and pasta together, top with cheddar cheese, bake at 400 degrees, or place the casserole under the broiler just until the cheese melts.

You can also cool the chili down, portion it into plastic freezer bags, label, date, and freeze for later use.