

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Cincinnati Chili

Ingredients:

- 2 T Organic Chili Powder
- 1 tsp Organic Cinnamon
- 1 tsp Organic garlic powder
- ½ tsp Ground All-Spice
- 1 Packet Stevia or 1 tsp Stevia powder
- ½ tsp Sea Salt

- 1-1/2 lb ground bison or organic grass fed beef
- 1 chopped onion
- 15 oz can tomato sauce
- 2 cups water
- 8 oz Brown Rice Spaghetti Pasta, Cooked
- ½ - 1 cup shredded raw milk cheddar cheese
- ½ cup onion for garish if desire

Directions:

- Mix all Cincinnati Spice Blend ingredients together and set aside.
- Cook beef/bison with onion until no longer pink. Drain.
- Add spice blend, tomato sauce and water, bring to a boil. Reduce heat, simmer uncovered for **45 minutes**, stirring occasionally.
- Serve Chili mix over spaghetti. Top with cheese and onions as desired.