



Cincinnati Spaghetti

READY IN



70 min.

SERVINGS



6

CALORIES



1180 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon allspice
- 2 slices smoky bacon finely chopped
- 2 cups beef stock for reheat
- 1.5 pounds bucatini pasta
- 14 ounce kidney beans red drained canned
- 14 ounce tomato sauce canned
- 3 jalapeño chile peppers seeded finely chopped
- 2 tablespoons chili powder blend
- 1 healthy pinch ground cloves

- 2 tablespoons evoo
- 32 ounce canned tomatoes diced fire roasted crushed canned
- 6 servings cilantro leaves fresh chopped
- 4 large cloves garlic finely chopped
- 6 servings green onions raw chopped
- 1.5 pounds ground beef chuck (fattier) (leaner)
- 0.5 teaspoon ground cinnamon
- 1 slices pickled jalapeño
- 1 onion finely chopped
- 1.5 teaspoons oregano dried crushed
- 6 servings parmigiano-reggiano grated
- 6 servings salt
- 6 servings cheddar shredded
- 1 tablespoon paprika smoked sweet
- 2 tablespoons tomato paste
- 1 tablespoon cocoa powder unsweetened
- 3 tablespoons worcestershire sauce

Equipment

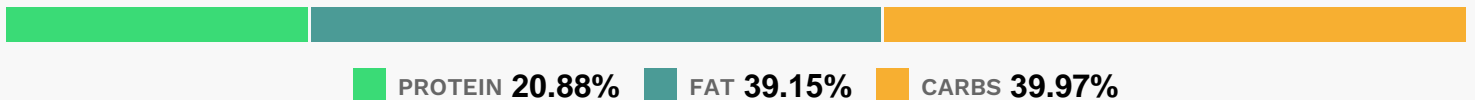
- pot
- dutch oven
- tongs

Directions

- Watch how to make this recipe.
- Heat the EVOO in a large Dutch oven or soup pot, over medium-high heat.
- Add the bacon and crisp.
- Add the beef and brown well.

- Add the Worcestershire, chile powder, cocoa powder, paprika, oregano, allspice, cinnamon, garlic, jalapenos, onions and cloves. Cook until the onions are tender, about 10 minutes.
- Add the tomato paste, stir a minute, and then add the stock, tomatoes, beans and tomato sauce. Bring to a bubble, and then reduce heat and simmer, partially covered, for 45 minutes. Cool and store for a make-ahead meal. Reheat over medium heat, stirring frequently, adding water or stock to thin if the sauce gets too thick.
- To serve, while the sauce heats, bring a large pot of water to boil for the pasta. Season the boiling water with salt and add the pasta, cook to al dente.
- Remove 1 cup of starchy cooking water just before draining the pasta.
- Add the cooking water to the meat sauce, drain the pasta and return it to the hot pot. Toss the pasta with tongs, combining the starchy cooking water and about two-thirds of the sauce.
- Transfer the pasta to a large serving platter and top with the remaining sauce. Set up the onions, Cheddar, Parmigiano-Reggiano, pickled jalapeno and cilantro in front of the platter.

Nutrition Facts



Properties

Glycemic Index:77.17, Glycemic Load:40.25, Inflammation Score:-10, Nutrition Score:46.247826223788%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 1180.13kcal (59.01%), Fat: 51.27g (78.88%), Saturated Fat: 21.63g (135.21%), Carbohydrates: 117.78g (39.26%), Net Carbohydrates: 105.12g (38.22%), Sugar: 14.57g (16.18%), Cholesterol: 135.75mg (45.25%), Sodium: 2076.66mg (90.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.52g (123.03%), Selenium: 109.08µg (155.82%), Phosphorus: 907.34mg (90.73%), Manganese: 1.6mg (79.95%), Calcium: 742.64mg (74.26%), Vitamin A: 3197.27IU (63.95%), Zinc: 9.44mg (62.96%), Vitamin B12: 3.14µg (52.36%), Fiber: 12.66g (50.64%), Vitamin B6: 1mg (49.95%), Vitamin B3: 9.85mg (49.23%), Vitamin C: 39.56mg (47.95%), Iron: 8.4mg (46.64%), Vitamin B2: 0.72mg

(42.64%), Potassium: 1471.25mg (42.04%), Magnesium: 159.29mg (39.82%), Copper: 0.77mg (38.5%), Vitamin E: 5.08mg (33.84%), Vitamin K: 35.4µg (33.71%), Vitamin B1: 0.35mg (23.34%), Folate: 79.11µg (19.78%), Vitamin B5: 1.83mg (18.26%), Vitamin D: 0.47µg (3.15%)