CINCINNATI SPAGHETTI

(adapted from Isa Chandra Moskowitz, *Superfun Times Vegan Holiday Cookbook*)

1 onion, diced
2 cloves garlic, minced
1½ cups cooked lentils (see instructions)
1 tbsp mild chili powder
2 tsp smoked paprika*
1 tsp ground cumin
1/2 tsp cinnamon
1/2 tsp dried oregano
Pinch ground cloves
Cayenne powder (optional)
15 oz crushed tomatoes, preferably fire-roasted
1 cup vegetable broth
2 tsp unsweetened cocoa powder
1 25-oz can kidney beans, drained (about 2¼ cups)

3/4 lb whole-grain pasta, any shape

For garnish:

Chopped scallions, green and white parts
Fresh cilantro, carefully rinsed and chopped
Diced avocado (don't use if following Jumpstart diet

*Ed. Note: I like smoked paprika but it has a pronounced flavor and I use much less, starting with 1/2 tsp. Follow your own taste.

If cooking the lentils from scratch, place 3/4 cup of lentils in a medium-sized pot, cover with at least 1½ cups water. Bring to a boil, lower heat to a simmer, and cook about 20 minutes till they are almost done but still toothsome: they will cook further in the sauce recipe.

In a large pot, pour in about 1/4 cup of sherry, white wine, beer (can be flat beer), dry vermouth, or veggie broth. Add the onion and garlic and sauté about 3 minutes until they start to turn translucent. Add the remaining ingredients: the cooked lentils, the herbs and spices, the tomatoes, broth, and drained kidney beans. Bring to a boil, lower the heat, and simmer for at least 20 minutes.

In a separate pot, cook the pasta according to package instructions. Drain the cooked pasta, add to the other pot, or toss in a large bowl with the cooked sauce. Serve with garnishes offered on the side.

Ed. Note: I like to add bell pepper to this sauce. You can add a bell pepper, any color or a mix of colors, with ribs and seeds removed, and diced, along with the other ingredients.



