

Lenten Cincinnati Skyline Chili

Submitted by Irene Steffas

Ingredients:

12 oz frozen package of Bocca (Vegan) Ground Crumbles
2.25 Skyline Cincinnati Chili Mix
6 oz tomato paste
1 lb of spaghetti
1 chopped onion
Cooked kidney beans (optional)

Directions:

Combine the chili mix, tomato paste and 2 cups water over medium heat. Add frozen Bocca – it will break into smaller pieces. Bring to boil and simmer for 90 minutes. Cook spaghetti. Chop onion and place in its own bowl. To serve, everyone assembles their own according to their desire. *Skyline Chili* is served by adding layers. Begin with a spaghetti base and keep adding: Layer One – spaghetti; Layer Two – chili; Layer Three –chopped onions; and Layer Four - Beans.

Enterprising immigrants from the Peloponnese settled in Cincinnati and adapted their Greek macaroni recipe to create this Cincinnati favorite. With this layering concept, they built a chain of restaurants called *Skyline Chili*. When driving to Cleveland, it is a regular stop off of 77.

Kroger carries the chili mix in the section for spices and sauces. Buy a few packages and keep them in your pantry. *After Lent*, you can make this meal with ground beef and cheese or continue with just the Bocca crumbles to serve on days of fasting.

“The undefiled beauty of fasting is the pure mother of character. It causes philosophy to gush forth, and offers a crown. It negotiates Paradise for us and grants a paternal family for those who fast. Of this Adam was deprived, and he attracted death when he dishonored the worth of feasting. For at the time when it was treated scornfully, The God of all, the Creator and the Master was at once displeased. To those who honor it He grants eternal life. Kontakia of Romanos