

Aush Afghani Chili

Jacob · 30/09/2024

**Prep Time**

3 hrs 25 mins

Difficult

Medium

Servings

6

Description

Aush is a delicious alternative to Americanstyle chili. Its not too spicy but combines intriguing flavors. I adapted this recipe from a traditional Afghani family favorite. It may be cooked in a slow cooker, Dutch oven, or soup pot. Try it also with ground lamb or ground turkey.

Ingredients

- - 1 pound ground beef - 1 onion
- coarsely chopped - 1 (28 ounce) can diced tomatoes
- with juice - 1 tablespoon minced garlic - 1 teaspoon crushed red pepper flakes - 1 ½ tablespoons ground cumin - 2 teaspoons chili powder - 1 ½ tablespoons dried mint - 2 tablespoons garam masala - 1 (15 ounce) can garbanzo beans (chickpeas)
- drained - 1 (10 ounce) box frozen chopped spinach
- thawed and drained - 1 (16 ounce) package fettuccine
- broken in half - 1 cup sour cream

Instructions

1. Brown ground beef in a skillet over medium heat; remove beef with a slotted spoon to a large pot
2. reserving drippings in the skillet. Cook and stir onion in reserved drippings until golden brown; remove with a slotted spoon and add to beef in the pot. Stir tomatoes with juice
3. garlic
4. red pepper
5. cumin
6. chili powder
7. mint
8. garam masala
9. garbanzo beans
10. and spinach into beef mixture; simmer over low heat for 3 to 6 hours. Fill a large pot with lightly salted water and bring to a rolling boil over high heat; stir in fettuccini and return to a boil. Cook pasta uncovered
11. stirring occasionally
12. until cooked through but still firm to the bite
13. about 8 minutes. Drain well; stir pasta into the chili along with sour cream. Serve hot. Cook's Notes: Aush is traditionally a noodle dish
14. but feel free to substitute cooked rice. You can also use a package of cooked small or medium egg noodles instead of fettuccini. The dish may be frozen before noodles or rice are added.