

Cincinnati Chili Recipe

2 lb lean ground beef
1 quart water (or enough water to cover)
2 onions (chop fine)
1 (15 oz) can tomato sauce
2 T vinegar
2 t Worcestershire sauce
4 cloves garlic (minced)
2 t unsweetened cocoa powder
1 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ cup chili powder
1 t ground cumin
1 t ground cinnamon
 $\frac{1}{2}$ t ground cayenne pepper
 $\frac{1}{2}$ t ground cloves
1 t ground allspice
1 bay leaf

Optional additional ingredients: 16 oz. thin spaghetti (cooked), dark red kidney beans (16 oz, rinsed and drained), 1 large sweet onion (finely chopped), finely shredded cheddar cheese (8 oz), oyster crackers, hot pepper sauce.



I ♥ Cincinnati

Day 1: In a large skillet add ground beef and cover with about 1 quart of cold water. Bring to a boil. Stir with a fork to break up the beef into a fine texture. Boil slowly for about 30 minutes until the meat is thoroughly cooked. Remove from heat. Refrigerate meat overnight.

Day 2: Skim the solid fat from the top of the meat and discard. In a large skillet over medium heat warm the meat. Stir in the onions, tomato sauce, vinegar, Worcestershire sauce, garlic, cocoa, salt, chili powder, cumin, cinnamon, cayenne pepper, cloves, allspice, and bay leaf. Bring to a boil. Reduce heat to a simmer. Cook for three hours, stirring occasionally. If necessary, Add water to prevent burning. Note: This chili is a thin (soupy) meat sauce.

Options for Serving:

- 1) Keep it simple and serve it over spaghetti.
- 2) Make it a 3-Way by serving over spaghetti and top with cheese.
- 3) Make it a 4-Way by serving over spaghetti and add onions or beans, top with cheese.
- 4) Make it a 5-Way by serving over spaghetti topped with onions, beans and cheese!

Note: Serve oyster crackers with Cincinnati spaghetti, and to add a little heat top with hot pepper sauce (optional).

- 5) Create Cheese Cones - Hot dog, bun, mustard, chili, chopped onion, and cheese.
- 6) Go basic and make a Chili Cheese Sandwich - A Cheese Cone minus the hot dog.
- 7) Construct a Cincinnati Burrito - Tortilla, chili, onions, tomatoes, lettuce, cheese, sour cream, and black olives.
- 8) Bake a Cincinnati Potato - Baked potato, chili, diced onions, beans and cheese.
- 9) Indulge in Chili Cheese Fries - French fries topped with chili and cheese.
- 10) Enjoy Cincinnati Chili Dip - Preheat oven to 375 F, spread 8 oz cream cheese evenly in a pie dish, top with $1\frac{1}{2}$ cups Cincinnati Chili, bake 10 minutes, top with $1\frac{1}{2}$ cups shredded cheddar cheese, bake 5-8 minutes until melted, serve with nacho chips! YUM!