

Cincinnati Chili

Ingredients

2 t Salt	1 1/2 lb Ground Beef
2 T Vegetable Oil	2 Onions (minced)
2 clv Garlic (minced)	2 T Chili Powder
2 t Dried Oregano	2 t Cocoa Powder
1 1/2 t Ground Cinnamon	1/2 t Cayenne Pepper
1/2 t Ground Allspice	1/4 t Black Pepper
2 c Tomato Sauce	2 c Chicken Broth
2 c Water	2 T Cider Vinegar
2 t Brown Sugar	0 ds Hot Sauce

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Instructions

1. Bring 2 quarts water and 1 teaspoon of the salt to a boil in a large saucepan. Add the ground beef, stirring vigorously to separate the meat into individual strands. As soon as the foam from the meat rises to the top and before the water returns to a boil, drain the meat into a strainer and set aside.

2. Rinse and dry the empty saucepan. Set the pan over medium heat and add the oil. When the oil is warm, add the onions and cook, stirring frequently, until the onions are soft and browned around the edges, about 8 minutes. Add the garlic and cook until fragrant, about 1 minute. Stir in the chili powder, oregano, cocoa, cinnamon, cayenne, allspice, black pepper, and the remaining 1 teaspoon salt. Cook, stirring constantly, until the spices are fragrant, about 30 seconds. Stir in the tomato sauce, broth, water, vinegar, and sugar, scraping the pan bottom to remove any browned bits.

3. Add the ground beef and increase the heat to high. As soon as the liquid boils, reduce the heat to medium-low and simmer, stirring occasionally, until the chili is deep red and has thickened slightly, about 1 hour. Season with salt and hot sauce to taste.

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4. Serve with spaghetti and top with cheese and onions.