

# Cincinnati Chili



This recipe is as close as I've found to "the real thing"

Serves 12

2c onion, minced	2T chili powder	1t cinnamon	spaghetti, cooked
2t garlic, finely minced	2T apple cider vinegar	1t cumin	6c finely grated cheddar cheese
4c beef stock	2t Worcestershire Sauce	1t salt	minced onion, optional
2 lbs 90% lean ground beef	1T brown sugar	1/4t allspice	red kidney beans, drained, optional
16oz tomato sauce	1/2oz unsweetened chocolate, grated	1/4t ground cloves	
		1 bay leaf	

Pureé onion and garlic in food processor. In large stockpot, warm olive oil and sauté onion~garlic mix until all liquid has evaporated. Add beef stock and bring to boil. Add ground beef in small pieces and bring to boil. Add tomato sauce.

In small bowl combine vinegar through cloves and mix well. Add to beef mixture and add bay leaf. Simmer at least 1 hour, or until the chili is thickened. Remove bay leaf before serving.

3~way: spaghetti, chili, grated cheddar cheese

4~way: spaghetti, chili, onion or bean, grated cheese

5~way: spaghetti, chili, onion, bean, grated cheese

**Debbie Spangler ~ Certified Personal Chef**

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