



Cincinnati Chili



Ingredients:

- 1 ½ teaspoons vegetable oil
- ¼ cup chopped onion
- 1 pound ground beef
- 2 tablespoons chili powder
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- ⅛ teaspoon ground allspice
- ⅛ teaspoon ground cloves
- ½ bay leaf
- ¼ (1 ounce) square unsweetened chocolate
- 1 can dark red kidney beans
- 1 (10.5 ounce) can beef broth
- ½ (15 ounce) can tomato sauce
- 1 tablespoon cider vinegar
- ⅛ teaspoon ground cayenne pepper
- 2 tablespoons shredded Cheddar cheese

Method:

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until tender, about 6 minutes.
2. Add beef, in batches if necessary, and cook, breaking up with a wooden spoon, until browned.
3. Add chili powder, cinnamon, cumin, allspice, cloves, bay leaf, chocolate, beef broth, tomato sauce, cider vinegar, and red pepper. Stir to mix well. Bring to a boil. Reduce heat to low; cover and simmer 1 ½ hours, stirring occasionally.
4. It is the best if you now refrigerate overnight.
5. Remove the bay leaf. Reheat gently over medium heat. Serve over hot, drained spaghetti. Top with shredded cheddar cheese.