

## Cincinnati Chili

What you'll need:

- 28oz can of tomato sauce
- 6oz can of tomato paste
- 1 medium white onion
- 2lbs of ground meat (I use beef)
- 2 (tea spoon) tsp of powdered garlic
- 3 (table spoon) tbl of chili powder
- 1 tsp of ground cumin
- 1 tsp of ground cinnamon
- 1/2 tsp of ground allspice
- 1/2 tsp of black pepper
- 1/2 tsp of salt
- 2 tbl of unsweetened powdered cocoa (chocolate)
- Pasta
- 1 can kidney beans (topping option see below)
- 1 bag Shredded mild cheddar cheese (topping option see below)

How to prepare

- Chop onion into small pieces so you have about 1/2 cup (the rest you can use as a topping later)
- Over medium high heat, place meat, onion, and garlic into a cooking pot, stir and brown meat (chop to make sure the meat is in very small pieces).
- Over medium heat, add remaining spices (except chocolate) to the meat
- Add Tomato sauce and 1 and 1/2 can of water (use the 28oz tomato sauce can)
- Stir and once it gets warm add (mix in) tomato paste and then chocolate
- Bring to boil and then let sauce simmer over medium low heat for about 2 hours (it should thicken up). Be sure to stir every 5-10 minutes as the meat can stick to the bottom and burn.

The dish is served in one of the following ways with your favorite pasta (I use thin spaghetti) - from bottom to top

- 3 way: Pasta - Sauce - Shredded Cheddar Cheese
- 4 way: Pasta - Sauce - Shredded Cheddar Cheese - Chopped Onions
- 5 way: Pasta - Sauce - Shredded Cheddar Cheese - Chopped Onions - Red Kidney Beans