

Cincinnati Chili

Servings: 6-8

Prep Time: 15 minutes

Cook Time: 2 hours

Ingredients

- - 1 large can (28oz) can of tomato sauce
- 6oz can of tomato paste
- 1 cup of water
- ½ cup diced white onion
- 2lbs of lean ground meat
- 2 tsp of powdered garlic
- 3 tbsp 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 tbsp of unsweetened powdered cocoa (chocolate)
- Spaghetti Pasta

Topping options

- 1 can kidney beans, dark or light red
- 1 bag Shredded mild cheddar cheese
- ½ cup diced white onion

Instructions

- Over medium high heat, place meat, onion, and garlic into a cooking pot, stir and brown and chop the meat into small pieces
- add and stir in the remaining spices, except the chocolate,) to the meat
- Add Tomato sauce and water
- Stir and add (mix in) tomato paste and then the chocolate
- Bring to boil and then reduce heat to low (simmer) for about 2 hours or the sauce thickens.
- 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, from the bottom up:

- 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