THE REAL DEAL
PRESENTED BY ingles



Cincinnati Chili

Recipe By JASMIN QUEEN

SERVES: 6-8

INGREDIENTS:

- ☐ 2 lbs. lean ground beef
- ☐ 2 onions, *chopped*
- ☐ 1 (15 oz.) can tomato sauce
- ☐ 2 tbsp. vinegar
- ☐ 4 cloves garlic, *minced*
- ☐ 2 tsp. Worcestershire sauce
- ☐ 1 oz. unsweetened chocolate square
- ☐ ¼ cup chili powder
- ☐ 1½ tsp. salt
- ☐ 1 tsp. ground cinnamon
- ☐ 1 tsp. ground cumin
- ☐ ½ tsp. ground cayenne pepper
- ☐ 5 whole cloves
- ☐ 5 whole allspice berries
- ☐ 1 bay leaf
- ☐ 1 quart water, *or amount to cover*
- ☐ 1 lb. spaghetti noodles

TOPPINGS:

- ☐ diced onion
- ☐ shredded cheddar
- ☐ red kidney beans

DIRECTIONS:

- ☐ 1. Place the ground beef in a large pan, cover with cold water, and bring to a low boil, stirring and breaking up beef to a fine texture. Slowly boil until the meat is thoroughly cooked, about 30 minutes.
- ☐ 2. Add onions, tomato sauce, vinegar, garlic, Worcestershire sauce, and chocolate. Stir in chili powder, salt, cumin, cinnamon, and cayenne pepper until well mixed. Add cloves, allspice berries, and bay leaf.
- ☐ 3. Bring to a low boil, reduce heat to a simmer, and cook, stirring occasionally, for 3 hours. Add water if necessary to prevent chili from burning.
- ☐ 4. When the chili is about done, cook noodles according to package directions and drain.
- ☐ 5. Top a serving of noodles with chili sauce. See below for authentic options for topping chili.

The Different "Ways" to Serve Cincinnati Chili:
2-Way: Chili + spaghetti
3-Way: Chili + spaghetti + shredded Cheddar cheese
4-Way: Chili + spaghetti + diced onions + shredded Cheddar cheese
5-Way: Chili + spaghetti + red kidney beans + diced onions + shredded Cheddar cheese

Did you make this recipe?

Tag your picture **(@inglesmarkets)** and you might win a prize!

ingles
ingles-markets.com