

Cincinnati Chili

3 lbs. ground beef

1 ½ cup chopped onion

1 ½ tsp. minced garlic

2 (16 oz.) cans kidney beans, rinsed and drained

2 (15 oz.) cans tomato sauce

2 cups beef broth

¼ cup chili powder

¼ cup red wine vinegar

¼ cup Worcestershire sauce

1 oz. Unsweetened chocolate, coarsely chopped

1 ½ tsp. ground cinnamon

1 ½ tsp. ground cumin

1 tsp. salt

1 tsp. ground oregano

½ tsp. pepper

¼ tsp. ground cloves

Hot cooked spaghetti

Shredded cheddar cheese and sliced green onions



In a large Dutch oven, cook beef and onions until meat is no longer pink. Add garlic and cook 1 minute longer; drain. In a slow cooker, combine the beans, tomato sauce, broth, chili powder, vinegar, Worcestershire, chocolate, cinnamon, cumin, salt, oregano, pepper and cloves. Stir in beef mixture. Cover and cook on low for 6-8 hours. Serve over spaghetti and garnish with cheese and green onions.