

U The Lexingtonienne U

CINNATI-STYLE CHILI

Adapted from the Joy of Cooking

- 1 quart water
- 2 lbs ground beef (I like the lean kind with 7% fat)
- 2 medium onions, finely chopped
- 5-6 garlic cloves, crushed
- 1 (15 oz) can tomato sauce
- 2 T cider vinegar
- 1 T Worcestershire sauce
- Lots of ground black pepper
- 1/4 tsp ground cloves
- 1 bay leaf
- 2 tsp salt
- 2 tsp ground cinnamon
- 1 1/2 tsp ground cayenne pepper *(scale back on this if you prefer less heat)*
- 1 tsp ground cumin
- 1/2 ounce unsweetened chocolate, chopped *(optional)*
- 2 (15 oz) cans chili beans

In a heavy stockpot, bring water to a boil. Add ground beef. Stir until browned and separated. Reduce heat to a simmer. Add onions, garlic, tomato sauce, vinegar, and Worcestershire sauce. Stir and add remaining ingredients except chili beans.

Return to a boil, then reduce to a simmer. Simmer uncovered, stirring occasionally, for about an hour. Drain the top liquid from the chili beans, then add beans and stir. Continue cooking for another hour. Fish out garlic cloves and bay leaf before serving.

For a 2-way, serve over cooked spaghetti.

For a 3-way, add grated sharp cheddar cheese to a 2-way.

For a 4-way, add chopped onions to a 3-way.



Traditionally, Cincinnati chili does not contain beans, so you would make a 5-way by adding cooked red kidney beans to a 4-way. However, I think chili and beans are married to each other and should be together, so I add beans into the mix.

Serve with oyster crackers and hot sauce.

