

Main Dish

CINCINNATI CHILI

Terri Bloom

1 quart water	2 lbs ground beef
2 med onions grated finely	4 cloves garlic
2 8oz cans tomato sauce	2 tbsp. vinegar
5 whole allspice	1 large whole bay leaf
½ tsp red pepper	5 whole cloves
1 tsp ground cumin	2 tsp Worcestershire sauce
4 tbsp chili powder	1½ tsp salt
½ ounce chocolate (unsweetened)	1 tsp cinnamon

Add ground beef to water in 4 quart pot, stir until beef separates to a fine texture. Boil slowly for ½ hour. Add all other ingredients. Stir to blend, bringing to a boil; reduce heat and simmer uncovered for about 3 hours. Last hour, pot may be covered after desired consistency is reached. Chili should be refrigerated overnight so that fat can be lifted from top before reheating.

Serve with a bowl of oyster crackers.

Can be made in large batches and frozen in smaller containers for later use.

Serve it in one of the following traditional styles. There is nothing in any of these combinations that an antacid can't remedy!

3 Way – chili, spaghetti and shredded cheddar cheese

4 Way – chili, spaghetti, shredded cheddar cheese and chopped onion

5 Way – chili, spaghetti, cheese, onions, and beans

Coney Island – hot dog in bun with chili, cheese, onions, and mustard