



Authentic Cincinnati Chili

Oscar · 28/09/2024



Prep Time

3 hrs 45 mins

Difficult

Medium

Servings

10

Description

Cincinnati chili is a unique type of chili that's flavored with not just chili powder but lots of other spices including cinnamon, allspice, and cloves. This recipe was handed down to me by Mom, a Cincinnati native. I like mine 4-way with spaghetti, raw chopped onions, and grated mild Cheddar. Serve oyster crackers on the side.

Ingredients

- 2 pounds lean ground beef - 1 quart water
- or amount to cover - 2 onions
- finely chopped - 1 (15 ounce) can tomato sauce - 2 tablespoons vinegar - 4 cloves garlic
- minced - 2 teaspoons Worcestershire sauce - ½ (1 ounce) square unsweetened chocolate - ¼ cup chili powder - 1 ½ teaspoons salt - 1 teaspoon ground cumin - 1 teaspoon ground cinnamon - ½ teaspoon ground cayenne pepper - 5 whole cloves - 5 whole allspice berries - 1 bay leaf

Instructions

1. Gather the ingredients. Place ground beef in a large pan
2. cover with cold water
3. and bring to a boil
4. stirring and breaking up beef with a fork to a fine texture. Slowly boil until meat is thoroughly cooked
5. about 30 minutes. Add onions
6. tomato sauce
7. vinegar
8. garlic
9. Worcestershire sauce
10. and chocolate. Stir in chili powder
11. salt
12. cumin
13. cinnamon
14. and cayenne pepper until well mixed. Add cloves
15. allspice berries
16. and bay leaf. Bring to a boil
17. reduce heat to a simmer
18. and cook
19. stirring occasionally
20. for 3 hours. Add water if necessary to prevent chili from burning.