

Cincinnati –Style Chili

½ lb ground beef
½ onion, diced fine
1 clove garlic, minced
1 Tablespoons Chili powder
1 teaspoon paprika
½ teaspoon cumin
½ teaspoon cinnamon
½ teaspoon salt
1/8 teaspoon ground cloves
1/8 teaspoon ground red pepper
1 bay leaf
1 teaspoon cocoa powder
½ can stewed tomatoes
1 cup tomato sauce
1/2 cup water
1 tablespoon red wine vinegar
1 tablespoon molasses

1. In a large saucepan, cook ground beef and onion over medium high heat until fully cooked. (no pink) Add garlic and cook for one minute more. Drain off fat. Keep fat in a small bowl and transfer to center table for proper disposal. (Not Down the Drain)
2. Return meat to the pan and add Chili powder, paprika, salt, cinnamon, cumin, cloves, red pepper, and bay leaf. Cook and stir over medium heat for three minutes. Add in the cocoa and stir.
3. Stir in undrained stewed tomatoes, tomato sauce, water, vinegar and molasses. Bring to a boil then reduce heat to medium low. Cover and simmer until the last 5 minutes of class. Stir occasionally to prevent burning on the bottom.
4. In the last 5 minutes of class transfer from pan to metal bowl. Important take out the Bay Leaf now. Wrap with plastic wrap. Label with unit and period and place into the refrigerator until tomorrow.

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Day 2

1. Place a large pot of water on high heat. Add some salt to taste.
2. Place sauce in a medium pot and heat up over medium heat. Take a masher and crush the tomatoes up a little as they cook. Stir frequently to keep from burning.
3. When water comes to a full boil cook ½ box of pasta for 12 minutes then drain.
4. Serve pasta with sauce on top.
5. You can add diced onions, cheddar cheese, or kidney beans to your plate. You make it how you like.