

Honors College

Cerulo Cincinnati Chili

Ingredients:

- 2 pounds ground beef (Chuck roast, usually)
- 5 cups water
- 1 tsp. cinnamon
- 2 large chopped onions
- 2 tsp. Worcestershire Sauce
- 2 tablespoons chili powder
- 3 bay leaves
- 1 tsp. pepper
- 1 tablespoon salt
- ½ tablespoon red pepper
- 16 oz. can tomato paste (whatever is cheapest)
- ½ tablespoon allspice
- 1 tsp. cayenne
- 1 tsp. ground cumin
- ½ tablespoon vinegar (apple cider)
- 4 toes minced garlic
- 1/2 ounce grated unsweetened chocolate (whatever is cheapest)

Directions:

Cook ground beef in water until fine.

Add rest of ingredients and simmer for 3 to 4 hours.

Serve over spaghetti.