

# Authentic Cincinnati Chili

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

**Preparation Time: 15 minutes**

**Cook Time: 3 hours 30 minutes**

Place the ground beef in a large pan. Cover with about one quart of cold water. Bring to a boil, stirring and breaking up the beef with a fork to a fine texture. Slowly boil until the meat is thoroughly cooked, about 30 minutes. Remove from the heat.

Refrigerate in the pan overnight.

Next day, skim the solid fat from the top of the pan. Discard the fat.

Place the beef mixture over medium heat. Stir in the onions, tomato sauce, vinegar, Worcestershire sauce, garlic, chocolate, chili powder, salt, cumin, cinnamon, cayenne, cloves, allspice and bay leaf. Bring to a boil. Reduce the heat to a simmer. Cook, stirring occasionally, for three hours. Add water, if necessary, to prevent the chili from burning.

Serve over cooked spaghetti.

Garnish with onions and Cheddar cheese, if desired.

Start to Finish Time: 11 hours 45 minutes

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Per Serving (excluding unknown items): 2951 Calories; 211g Fat (62.4% calories from fat); 177g Protein; 109g Carbohydrate; 39g Dietary Fiber; 681mg Cholesterol; 5825mg Sodium. Exchanges: 4 Grain(Starch); 23 1/2 Lean Meat; 7 Vegetable; 28 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	2951	Vitamin B6 (mg):	4.1mg
% Calories from Fat:	62.4%	Vitamin B12 (mcg):	21.2mcg
% Calories from Carbohydrates:	14.3%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	23.2%	Riboflavin B2 (mg):	2.4mg
Total Fat (g):	211g	Folacin (mcg):	211mcg
Saturated Fat (g):	84g	Niacin (mg):	48mg
Monounsaturated Fat (g):	86g	Caffeine (mg):	29mg
Polyunsaturated Fat (g):	13g	Alcohol (kcal):	0
Cholesterol (mg):	681mg	% Deficient	n n%
Carbohydrate (g):	109g	<b>Food Exchanges</b>	
Dietary Fiber (g):	39g	Grain (Starch):	4
Protein (g):	177g	Lean Meat:	23 1/2
Sodium (mg):	5825mg	Vegetable:	7
Potassium (mg):	5200mg	Fruit:	0
Calcium (mg):	758mg	Non-Fat Milk:	0
Iron (mg):	32mg	Fat:	28
Zinc (mg):	38mg	Other Carbohydrates:	0
Vitamin C (mg):	109mg		
Vitamin A (i.u.):	13276IU		
Vitamin A (r.e.):	1330RE		

Nutrition Facts

Amount Per Serving		
Calories	2951	Calories from Fat: 1843
% Daily Values*		
Total Fat	211g	325%
Saturated Fat	84g	418%
Cholesterol	681mg	227%
Sodium	5825mg	243%
Total Carbohydrates	109g	36%
Dietary Fiber	39g	157%
Protein	177g	
Vitamin A		266%
Vitamin C		182%
Calcium		76%
Iron		176%

\* Percent Daily Values are based on a 2000 calorie diet.