

A Kansas SNAP-Ed *EZ Does it* Recipe

Cincinnati Chili



Servings: 6-8

Ingredients:

2 cups water
1 lb. ground beef
1 can low-sodium crushed tomatoes
1 onion, diced
2 garlic cloves, minced
1½ teaspoons Worcestershire sauce
1 teaspoons unsweetened cocoa
1½ tablespoons chili powder
½ teaspoon cayenne pepper
½ teaspoon ground cumin
1 tablespoon cider vinegar
⅛ teaspoon ground cloves
½ teaspoon cinnamon
½ teaspoon salt
8 ounces uncooked spaghetti, broken into 3-inch pieces
1 cup shredded cheddar cheese
Kidney beans (optional)



“Ways” to serve Cincinnati Chili

- 2 Way=spaghetti topped with chili
- 3 Way=spaghetti, chili, cheese
- 4 Way=spaghetti, chili, cheese, onions
- 5 Way=spaghetti, chili, cheese, onions, kidney beans

Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Break up ground beef and add to water in a large pot. Bring to a boil, reduce heat to low while stirring until the ground beef is in very small pieces. Simmer for about 30 minutes.
2. Add all the rest of the ingredients, except spaghetti and cheese. Stir.
3. Simmer over low heat, uncovered, for an hour or more. Add water as needed if the chili becomes too thick. Cincinnati chili should be a bit thin, almost soupy.
4. Meanwhile, break spaghetti into 3-inch pieces and prepare according to package directions. Drain.
5. Serve chili over spaghetti. Top with cheese and onion, if desired.

Nutrition Facts: Each serving provides 330 Calories, 15g Total Fat, 7g Saturated Fat, 220mg Sodium, 26g Total Carbohydrate, 1g Dietary Fiber, 23g Protein

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