

Cincinnati Chili

Ingredients

- 2 lbs ground beef
- 1 cup tomato paste, divided
- 2 Tbsp. red wine vinegar
- 1 Tbsp. Worcestershire sauce
- 2 - 3 sweet onions, diced
- 6 garlic cloves, minced
- 3 bay leaves
- 1/3 cup active dry or instant yeast
- 2 Tbsp. chili powder
- 2 Tbsp. sweet paprika
- 1 1/2 Tbsp. Kosher salt
- 1 tsp ground allspice
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp oregano
- 1 tsp ground white or black pepper
- 1/2 tsp cayenne pepper
- 1/2 tsp ground cloves
- 1/2 tsp ground ginger
- 1 1/2 lbs dried spaghetti
- 1/4 cup olive oil
- 1 can kidney beans (optional), drained and warmed
- 1 1/2 lbs medium cheddar, finely shredded
- hot sauce (optional)
- oyster crackers

Directions

Place the ground beef in a large cooking pot or Dutch oven and add 4 cups of cold water. Using a potato masher or whisk, break up the beef, until it becomes a thick slurry. Stir in another 4 cups of water. Add 3/4 cup (1 small can) tomato paste, vinegar, Worcestershire sauce, 2 onions, garlic, bay leaves, yeast, chili powder, paprika, Kosher salt, allspice, cinnamon, cumin, oregano, white or black pepper, cayenne, cloves, and ginger and mix well.

Place the pot on the stove over high heat and bring to a boil, stirring frequently. Bring heat down to low and simmer uncovered, stirring occasionally, until the chili has acquired a non-soupy texture, about 3 hours. Adjust seasoning.

Towards the end of the cooking, bring a pot of salted water to boil. Add the spaghetti and cook until soft.

Meanwhile, whisk together the olive oil and tomato paste in a large serving bowl. Drain the spaghetti and transfer it to the serving bowl. Toss around until all the spaghetti is coated.

Divide the spaghetti into dining plates. Cover each with the chili. Add optional diced onion and beans. Serve with shredded cheese, hot sauce and oyster crackers on the side.