

Cincinnati Chili

 Servings: 6 (makes about 5 cups)

 Active: 30 mins | Total: 3 hours, plus overnight refrigeration

- 4 cups water
- 2 pounds ground beef, preferably 80/20
- 2 medium yellow onions (about 14 ounces), finely chopped
- 5 to 6 garlic cloves, chopped
- One (15-ounce) can tomato sauce
- 1 large bay leaf
- 1/2 ounce unsweetened chocolate, finely chopped
- 2 tablespoons apple cider vinegar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons fine salt
- 2 teaspoons ground cinnamon
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- Cooked spaghetti, for serving (optional)
- Grated cheddar cheese, for serving (optional)
- Diced yellow onions, for serving (optional)
- Cooked red kidney beans, for serving (optional)
- Oyster crackers, for serving (optional)
- Hot sauce, for serving (optional)

Step 1

In a large pot over high heat, bring the water to a boil. Add the ground beef and stir, breaking apart with a wooden spoon, until separated.

Step 2

Add the onion, garlic, tomato sauce, bay leaf, chocolate, vinegar, Worcestershire sauce, salt, cinnamon, cayenne pepper, cumin, black pepper, allspice and cloves and stir to combine, reduce heat to a simmer and cook, uncovered and stirring occasionally, until the liquid has reduced and the flavors meld, about 2 1/2 hours. Remove from the heat and let cool for about 30 minutes, then refrigerate overnight.

Step 3

The next day, skim as much fat off the chili as you can and discard the bay leaf. To reheat the chili, set the pot over medium-low heat until heated through, 10 to 15 minutes. Ladle over spaghetti, and top with cheese, onions, beans, oyster crackers and hot sauce, as desired. Serve hot.

Step 4

VARIATION: To cook in a 6-quart Instant Pot or other multicooker, set to SAUTE (high) and add 1 tablespoon of vegetable oil. Once it starts to ripple, add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Add the garlic and saute until aromatic, about 1 minute, stirring constantly. Add the beef and saute, stirring frequently until somewhat broken up and most of the pink is gone, 3 to 5 minutes. If needed, add a splash of water to scrape up any browned bits on the bottom of the insert. Add the tomato sauce, bay leaf, chocolate, vinegar, Worcestershire sauce, salt, cinnamon, cayenne pepper, cumin, black pepper, allspice and cloves, stirring constantly until the meat is separated. Press CANCEL to turn off the heat.

Step 5

Cover, set the steam valve to PRESSURE (or SEALING) and turn to HIGH. After the cooker reaches high pressure, which takes 5 to 10 minutes, cook for 20 minutes. Do a manual release, covering the vent with a towel and taking care to avoid steam. If desired, you can return the appliance to high on SAUTE to cook it down a little more. Discard the bay leaf and the chili is ready to serve as directed above, or to chill overnight before skimming.

