

# Cincinnati Chili

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4.67 from 9 votes

My all-time favorite chili with you, **Cincinnati Chili**. I grew up on this chili and this recipe for me was pretty darn close to the real stuff. Serve it with oyster crackers or put it on top of spaghetti for the true Cincinnati experience.

Prep Time 15 mins	Cook Time 2 hrs	Total Time 2 hrs 15 mins
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Course: Main Course    Cuisine: American    Keyword: Cincinnati Chili    Servings: 6 servings  
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## Ingredients

- 1 tablespoon oil
- 1 medium yellow onion (chopped)
- 1 pound ground beef
- 1 tablespoon minced garlic
- 1 tablespoon chili powder
- 1 1/2 teaspoon unsweetened cocoa powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground all spice
- 1 teaspoon brown sugar
- 1/2 teaspoon oregano (dried)
- 1/2 teaspoon salt
- 1/8 teaspoon ground cloves
- 15 oz tomato sauce
- 3/4 cup water
- 1 tablespoon Cider vinegar
- Optional: serve over spaghetti or a hot dog topped with diced onion and shredded cheese.

## Instructions

1. Sauté your onions for 2-3 minutes on medium-high in a large pan. Add beef and garlic and cook until beef is almost fully cooked. Drain fat as needed. Add chili powder, unsweetened cocoa powder, cinnamon, allspice, brown sugar, oregano, salt, ground cloves, and mix together. Add tomato sauce, cider vinegar, and water.
2. Reduce heat to low and let the chili simmer for 1-2 hours.
3. Serve over spaghetti or a hot dog topped with diced onion and shredded cheese.

## Nutrition

Calories: 269kcal | Carbohydrates: 8g | Protein: 17g | Fat: 18g | Saturated Fat: 7g | Cholesterol: 64mg | Sodium: 768mg | Potassium: 589mg | Fiber: 2g | Sugar: 4g | Vitamin A: 845IU | Vitamin C: 8.1mg | Calcium: 47mg | Iron: 3mg