



Cincinnati-style Chili

READY IN



165 min.

SERVINGS



6

CALORIES



1007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 16 ounce tomato sauce canned
- ☐ 0.5 teaspoon cayenne
- ☐ 0.3 cup chili powder
- ☐ 6 garlic cloves minced
- ☐ 1 teaspoon ground allspice
- ☐ 4 pounds ground beef chuck
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon mace
- ☐ 2 tablespoons blackstrap molasses
- ☐ 3 onions chopped
- ☐ 1 teaspoon oregano dried crumbled
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 servings pasta like spaghetti grated traditional chopped
- ☐ 2 tablespoons paprika sweet
- ☐ 3 tablespoons vegetable oil
- ☐ 3 cups water
- ☐ 2 tablespoons red-wine vinegar

Equipment

- ☐ ladle

Directions

- ☐ In a large heavy kettle cook the onions and the garlic in the oil over moderate heat, stirring, until the onions are softened, add the beef, and cook the mixture, stirring and breaking up the lumps, until the beef is no longer pink.
- ☐ Add the chili powder, the paprika, the cumin, the coriander, the allspice, the oregano, the cayenne, the cinnamon, the cloves, and the mace and cook the mixture, stirring, for 1 minute.
- ☐ Add the bay leaf, the water, the tomato sauce, the vinegar, and the molasses and simmer the mixture, uncovered, stirring occasionally and adding more water, if necessary, to keep the beef barely covered, for 2 hours, or until it is thickened but soupy enough to be ladled. Discard the bay leaf and season the chili with salt and pepper. The chili may be frozen or made 4 days in advance, cooled, uncovered, and kept covered and chilled.
- ☐ Serve the chili as is or in the traditional Cincinnati "five-way" style: Ladle the chili over the spaghetti and top it with the beans, the onion, the Cheddar, and the oyster crackers.

Nutrition Facts



 PROTEIN **22.65%**  FAT **63.38%**  CARBS **13.97%**

Properties

Glycemic Index:42.5, Glycemic Load:5.04, Inflammation Score:-10, Nutrition Score:46.332174280415%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 1006.56kcal (50.33%), Fat: 71.38g (109.82%), Saturated Fat: 24.97g (156.03%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 26.81g (9.75%), Sugar: 11.47g (12.74%), Cholesterol: 214.7mg (71.57%), Sodium: 932.69mg (40.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.4g (114.81%), Vitamin A: 5463.41IU (109.27%), Vitamin B12: 6.48µg (108.08%), Zinc: 13.81mg (92.07%), Vitamin B3: 16.49mg (82.43%), Vitamin B6: 1.55mg (77.46%), Selenium: 52.25µg (74.65%), Iron: 11.41mg (63.38%), Vitamin E: 8.91mg (59.38%), Phosphorus: 589.77mg (58.98%), Potassium: 1595.46mg (45.58%), Vitamin B2: 0.75mg (43.99%), Manganese: 0.88mg (43.78%), Vitamin K: 42.49µg (40.47%), Fiber: 8.57g (34.29%), Magnesium: 119.49mg (29.87%), Copper: 0.54mg (27.03%), Vitamin B1: 0.34mg (22.34%), Vitamin B5: 2.14mg (21.43%), Calcium: 171.51mg (17.15%), Folate: 64.73µg (16.18%), Vitamin C: 10.85mg (13.16%), Vitamin D: 0.3µg (2.02%)