

# Cincinnati Chili

|                                       |                                    |
|---------------------------------------|------------------------------------|
| 1 qt <b>water</b> (3 cups for I.P.)   | 1 tsp <b>black pepper</b>          |
| 2 lb lean <b>hamburger/gr. turkey</b> | 1/2 tsp <b>red/chili pepper</b>    |
| 1 tsp <b>cinnamon</b>                 | 1 T <b>salt</b>                    |
| 1 tsp <b>cumin</b> , ground           | 1-1/2 tsp <b>allspice</b> , ground |
| 2 large <b>onions</b> , chopped       | 6 oz can <b>tomato paste</b>       |
| 1 tsp <b>Worcestershire sauce</b>     | 1-1/2 tsp <b>cider vinegar</b>     |
| 3 toes <b>garlic</b> , crushed        | 3 large, whole <b>bay leaves</b>   |
| 2 T <b>chili powder</b>               |                                    |

1. Crumble raw meat into water (do not brown).
2. Add all ingredients.
3. Bring to boil.
4. Simmer for 3 hours. (High pressure for 1 hour in I.P., and quick release ok.)
5. Remove bay leaves. Skim fat.