

Cincinnati Chili

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

1. Crumble raw hamburger into water (do not brown).
2. Add all ingredients.
3. Bring to boil.
4. Simmer for 3 hours (55 min. high pressure in I.P., then quick release).
5. Remove bay leaves. Skim fat.

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