

Cincinnati Chili Mac

Be sure to prep your ingredients ahead of time to avoid burning!

- 1 Tbsp vegetable oil
- 2 onions, chopped fine
- 2 Tbsp chili powder (I like a smidge less--adjust to your taste)
- 1 Tbsp dried oregano
- 1½ tsp ground cinnamon
- 1 tsp salt, plus extra for seasoning
- ¾ tsp ground black pepper
- ¼ tsp allspice
- 1 clove garlic, minced
- 2 Tbsp tomato paste
- 2 cups chicken broth
- 2 cups tomato sauce (I just use use those 15-oz cans...close enough)
- 2 Tbsp cider vinegar
- 1 Tbsp dark brown sugar
- 1-1.5 lbs fairly lean ground beef

Heat oil in a large pot until shimmering. Add onions and a dash of salt; cook until soft and browned around edges.

Add chili powder, oregano, cinnamon, salt, pepper, allspice, garlic and tomato paste. Stir and cook until fragrant, about 1 minute.

Add broth, tomato sauce, vinegar, and sugar. Stir to combine.

Add ground beef and stir to break up. Bring to boil; reduce heat to medium-low and simmer for 15-20 minutes. Chili is done when it is brown and somewhat thickened.

Serve over spaghetti with the traditional toppings of cheese, onions and beans. Or try my favorite additions of tomatoes and sour cream...or whatever strikes your fancy!