

## Cincinnati Chili

3 Tbsp butter or olive oil  
1 ½# ground beef  
1 large onion chopped  
2 cloves garlic, crushed  
1 Tbsp chili powder  
1 tsp salt  
1 tsp ground cumin  
1 tsp oregano  
1 tsp cocoa  
½ tsp Tabasco  
16 oz. whole tomatoes, undrained  
1 cup water

For topping;

1 can kidney beans  
1 cup chopped onions, uncooked  
2 cups grated cheese  
Spaghetti or fettuccini

Heat the butter in a large pot. Add the chopped onion and garlic and sauté until golden brown. Add the meat and brown (don't drain off fat). Add the remaining ingredients and bring to a boil. Reduce heat and simmer uncovered until the sauce is as thick as desired (1-3 hours). For topping, heat kidney beans through. Take cooked spaghetti and put on a plate, add the chili mixture and top with your choice of beans, onion and cheese.