



Laura 's Cincinnati Chili

Bring to Boil:

- 4 cups water
- 2 lbs. lean ground beef
- 2 lrg. onions, chopped
- 2 tsp. garlic, chopped or minced
- 3 Tbsp. chili powder
- 1 tsp. black pepper
- 1 tsp. cayenne pepper
- 1 tsp. cumin
- 1 tsp. allspice
- 1 tsp. cinnamon
- 1 Tbsp. cocoa
- 1 jar tomato paste, 6 oz.
- 2 tsp. Worcestershire sauce
- 3 bay leaves

Stir and boil until beef is cooked thoroughly. Lower heat. Cover and simmer for a few hours, stirring occasionally.

Recommended serving: over spaghetti and under obscene amounts of shredded cheddar. Oyster crackers and hot sauce as desired.