

Cincinnati Chili - adapted from a recipe found in Bon Appetit

- Olive oil
- 1 ½ cups chopped onions
- 3 garlic gloves, finely chopped
- 1 ½ pound ground beef
- 1 Tablespoon unsweetened cocoa powder
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon cayenne pepper
- 1/8 teaspoon ground cloves
- 2 1/3 cups beef broth, divided
- ¼ cup tomato paste
- 1 ½ Tablespoons apple cider vinegar
- 1 Tablespoon chili powder
- 2 teaspoons dried oregano
- 2 teaspoons brown sugar
- 2 teaspoons Worcestershire sauce
- 2 Tablespoons chopped fresh parsley
- 1 pound spaghetti
- Grated cheddar cheese
- Onions, chopped, if desired
- 1 15-ounce can kidney beans, rinsed, and drained, if desired

Heat a couple of tablespoons of olive oil in a large deep skillet over medium heat. Add onions and sauté about 10 minutes. Add garlic and cook about 1 minute. Add ground beef, breaking into very small pieces, about 15 minutes. Add cocoa, allspice, cinnamon, cayenne pepper, and cloves. Cook and stir for about 3 minutes. Add beef broth, tomato paste, apple cider vinegar, chili powder, dried oregano, brown sugar, and Worcestershire sauce.

Bring to a boil. Reduce heat to medium-low. Simmer uncovered for about an hour. Season with salt and pepper. Stir in parsley.

Meanwhile, cook spaghetti according to package directions. Drain. Transfer to large bowl.

Divide spaghetti among individual bowls, top with chili, cheese, and onions and beans if desired.