

Camp Washington's 5-Way Chili

Camp Washington Chili - Cincinnati, OH

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Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 10 minutes

1 1/2 pounds ground beef
2 cloves garlic, minced
2 medium onions, chopped and divided
1 cup thick barbecue sauce
1 -3 tablespoons chili powder (or to taste)
1/2 teaspoon salt
1 teaspoon black pepper
1/2 ounce unsweetened chocolate, grated
1/2 teaspoon ground cumin
1/4 teaspoon turmeric
1/4 teaspoon allspice
1/4 teaspoon cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon ground coriander
1/4 teaspoon ground cardamom
tomato juice (as needed)
12 ounces spaghetti, cooked and lightly buttered
2 cans (16 oz ea) kidney beans, heated, rinsed and drained
1 pound cheddar cheese, finely shredded
oyster crackers (for garnish)

Brown the meat with the garlic and half of the chopped onion, stirring the meat as it cooks to break it up. Drain any fat from the pan. Add the barbecue sauce and bring the meat to a simmer over medium heat, adding water if the mixture seems too thick.

Set aside the remaining onion to top the chili when done.

Add the chili powder, salt, pepper, chocolate, cumin and as many of the suggested spices as desired.

Cover the pan and lower the heat. Simmer for 30 minutes, stirring occasionally. The chili will thicken as it cooks. Add tomato juice as necessary to thin. The chili should be thick enough to ladle easily into bowls. Allow the chili to rest for at least 30 minutes, covered and removed from the heat.

Serve the chili in deep dishes or broad bowls. Allow the guests to create their own plate of 3-, 4-, or 5-way chili, starting with the spaghetti and adding meat sauce, beans, cheese, onion and crackers as desired.

Per Serving (excluding unknown items): 826 Calories; 44g Fat (47.4% calories from fat); 45g Protein; 64g Carbohydrate; 13g Dietary Fiber; 132mg Cholesterol; 559mg Sodium. Exchanges: 4 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 6 Fat.