

Cincinnati Chili

Yield: 7 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-beans-with-ground-beef-recipes>

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion large chopped
- 2 pounds ground beef
- 1/4 cup chili powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1 bay leaf
- 1/2 square unsweetened chocolate
- 21 ounces beef broth
- 15 ounces tomato sauce
- 2 tablespoons cider vinegar
- 1/4 teaspoon ground cayenne pepper
- 1 cup shredded cheddar cheese
- onion optional
- sour cream optional
- beans optional
- guacamole optional

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. SaturatedFat: 13 grams
8. Sodium: 780 milligrams

9. Sugar: 7 grams
 10. TransFat: 1.5 grams
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