

CHILI RECIPES FROM TOWN OF CHEVY CHASE COOKS

Compiled by the Town's Community Relations Committee

Thanks to our neighbors who have contributed to this collection. Please note that the recipes have not been edited or tested. We suggest using these recipes as guidelines. Improvisation is called for when making chili. Use your imagination and creativity and add (secret) ingredients such as coffee, cocoa, dark chocolate and beer.

Tip:

For recipes which call for a variety of peppers you might want to head to Trader Joe's to buy their mélange à trois in the freezer section. It's far easier to throw in a big handful of them than to remove seeds and chop red, yellow and green peppers.

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1. SPICY FOUR-BEAN* CHILI (5)

Adapted from Bon Appetit

Submitted by Cecily Baskir, Ridge Street

Mayor, Town of Chevy Chase

*No problem omitting bean types and using whatever you have on hand. You can also reduce the number of tomatoes.

Ingredients:

2-3 tbsp vegetable oil

1 red onion, chopped (or sometimes just another yellow onion)

1 yellow onion, chopped

4 cloves garlic, minced (often from a jar)

1 lb lean ground beef, or ground turkey, or Impossible meat

28 ounces canned diced tomatoes in juice

1 can black beans (14-15 oz), rinsed and drained

1 can pinto beans (14-15 oz), rinsed and drained

1 can Great Northern beans (14-15 oz), rinsed and drained (or red kidney beans)

1 can cannellini beans (white kidney beans) (14-15 oz), rinsed and drained

1/4 plus 1/8 cup chopped fresh cilantro (or not- we often omit if we don't have it on hand)

2-3 tbsp chili powder (or to taste)

2 tsp cayenne pepper (optional)

Directions:

- Heat oil in large pot over medium-high heat.
- Add all onions and garlic and sauté about 4-8 min.
- Add meat/fake meat and cook until brown, breaking up with back of fork.
- Mix in everything else except 1/8 cup cilantro and bring to boil.
- Reduce heat and simmer 20 or so minutes, stirring often.
- Transfer to serving bowl and garnish with remaining cilantro (or not). Serve with shredded or grated cheddar or Mexican cheese mix.

Can be made a day or so in advance- bring to simmer to reheat after chilling.

2. BEEF AND VEGETABLES SLOW COOKER CHILI

Submitted by Ellen Ericson, Meadow Lane
Councilmember, Town of Chevy Chase

Ingredients:

1 pound ground beef
1 cup chopped onion
1/2 cup chopped green bell pepper
1/2 cup chopped zucchini
1/2 cup chopped mushrooms
1/4 cup dry red wine or water
1 tablespoon chili powder
1 teaspoon sugar
1 teaspoon ground cumin
1/4 teaspoon salt
1 garlic clove, minced
1 (15 ounce) can kidney beans, undrained
1 (14.5 ounce) can Mexican-style stewed tomatoes with jalapeño peppers and spices, undrained

Directions:

- Heat a large skillet over medium-high heat. Cook the ground beef until it is brown.
- Add the onion, pepper, zucchini, and mushrooms. Cook until tender. Drain off any grease that accumulated in the pan.
- Add all the ingredients to the slow cooker. Cook on low for 4 hours. Yield 6 servings.

3. SKILLET VEGETARIAN CHILI WITH EGGS AND CHEDDAR (4-6)

This is my adaptation of Ali Slagle's recipe, from the NY Times. It is similar to a shakshuka, as the eggs are cooked in the chili. You may want to add salt as we have (reluctantly) cut back on our usage.

Submitted by Marci Levin, Oak Lane

Time: 45 minutes (can simmer longer)

Ingredients

2 tablespoons unsalted butter

1 large yellow onion, chopped

4 large garlic cloves, chopped

1 tablespoon ground cumin

3 teaspoons smoked paprika

3 teaspoons chili powder

¼ cup tomato paste

1 -14 ounce can unsalted tomatoes

1 -14 ounce can fire-roasted tomatoes (unsalted, if possible)

1 -14 ounce can unsalted black beans with liquid

1 teaspoon apple cider vinegar

4-6 large eggs

1 cup grated extra-sharp Cheddar

Warm tortillas, tortilla chips or tostados for serving plus cilantro for garnish

Directions:

- Melt butter in skillet over medium-high. Add onion, season with salt and pepper if using, and cook, stirring occasionally, until softened (5 minutes). Add garlic, cumin, paprika, and chili powder. Combine and cook until fragrant, about 2 minutes. Add tomato paste and cook until mixture turns the color of rust, about 2 minutes.
- Stir in the tomatoes and beans (and liquid). Bring to boil, then reduce to simmer, smashing the beans lightly and stirring occasionally until thickened, about 20 minutes. Stir in the vinegar.
- Reduce the heat to low. If your chili is thick enough, make divots, evenly spaced in the chili, and crack an egg into each. (If the chili isn't thick enough to hold the divots, don't worry, just crack the eggs on top.) Using a fork or spoon, gently cover the whites with chili. (This helps the whites cook faster and more evenly.) Season the eggs with salt and pepper, if using, then sprinkle the chili with Cheddar cheese. Cover and cook until the whites are set and the yolks are still runny, 5 to 7 minutes. Garnish, if desired, with cilantro sprigs. Serve with tortillas, tortilla chips or tostados alongside, if desired.

4. VEGGIE CHILI

Submitted by Christie Abrams, Oakridge Lane

Ingredients:

2 T olive oil
4 cloves garlic, minced
1 whole large onion, chopped
1 whole red bell pepper, seeded and diced
1 whole yellow bell pepper, seeded and diced
1 whole green bell pepper, seeded and diced
2 whole carrots, peeled and diced
2 stalks celery, diced
1 whole jalapeño, seeded and finely diced
3 cups vegetable broth
1 can (12-14 oz) tomato sauce
1 can (10 oz) Ro-tel (diced tomatoes and chiles)
1/2 tsp salt, or more to taste
1 tsp dried oregano (can use fresh if available)
1 T cumin
2 T chili powder, more to taste
1 can (14 oz) kidney beans, drained and rinsed
1 can (14-oz) pinto beans, drained and rinsed
1 can garbanzo beans, drained and rinsed
1 can black beans, drained and rinsed
1 whole large zucchini (or 2 medium zucchini), diced
1/4 c. masa (corn flour) or regular cornmeal
1/2 c. warm water

For serving:

Cotija cheese or cheese of your choice, grated (optional)
Pico de gallo (optional)
Cilantro leaves (optional)

Directions:

- In large pot over medium-high heat, heat a little olive oil, then add onion, garlic, bell pepper, jalapeño, carrots, and celery. Cook, stirring occasionally, until mixture starts to turn deep golden brown, about 5 to 7 minutes.
- Add some salt, oregano, cumin, and chili powder. Cook for another 2 minutes to deepen the flavors.
- Pour in some vegetable broth, tomato sauce and a can of diced tomatoes and chilies. Stir and let this mixture come to a boil. Reduce heat to low, cover the pot, and simmer for 30 minutes, stirring every now and then.

- After 30 minutes, add a variety of beans. At this point, you also want to add some diced zucchini! Stir it all together, then cover the pot and let it simmer for another 30 minutes.
- My favorite chili addition: Mix a little masa (corn flour) with a little warm water to form a paste, then pour it into the chili. It thickens it up a bit, and it also adds delicious corn flavor to the chili. Simmer it for 15 more minutes until it's thick and rich and perfect!
- Taste and adjust the seasonings, adding more of whatever it needs. Serve plain or with crumbled Cotija and cilantro leaves. Divine!

Here are some variations and serving suggestions:

Variations:

- Add 2 tablespoons tomato paste for a richer tomato flavor.
- Substitute 1 cup of the stock with a bottle of Mexican beer.
- Add chopped mushrooms, diced butternut squash, parsnips, or any vegetable you'd like.
- Top with a big spoonful of pico de gallo or chopped tomatoes.
- Top with a dollop of sour cream.
- Top with grated sharp cheddar.

Serve:

- With corn or flour tortillas
- With corn chips or tortilla chips, for dipping
- With baked potatoes
- On top of a plate of cheese nachos
 - Inside crisp taco shells with cheese, lettuce, and tomatoes

5. TEXAS CHILI

Submitted by Jean Shorett,

This recipe dates from February 1981. It was provided by a child-of-Texas colleague. Per Texas dogma, it has no beans. It is stout but not fiery; is best a day or two later + freezes well, which is good because it makes quite a lot. Actually, a half recipe makes quite a lot.

Directions:

- Brown in a large pot over high heat, decant + reserve liquid:
 - 1/2 lb diced bacon (or 1/2c oil)
 - 4 lbs cubed beef (bottom round works)
 - Drain on brown paper bags + reserve

- Chop + sauté in 1/2c of the reserved meat juice/oil
 - 3 large onions cut in chunks

- 4 green peppers cut in chunks
 - 4 anjo (medium hot) peppers seeded + cut in dice

- Mix spices, then mix with onion/peppers + set aside
 - 6 cloves garlic minced, 4Tbl chili powder, 2Tbl paprika, 1T cumin, 1+Tbl black pepper
 - 1Tbl basil, 1Tbl oregano, 1tsp celery seed, 1tsp salt

- Blanche, skin, seed + chop 4-1/2 lbs ripe tomatoes
 - (or 4 big cans diced tomatoes, use less salt + add sugar to taste)

- Return meat to the large pot, mix with onion/spices + tomatoes
 - Cover + gently simmer for 8hrs - do not adjust spices yet
 - Only at the end - adjust spices to taste + heat
 - (or split in half + add kick-ass heat to your part)

6. BLACK BEAN CHILI WITH AVOCADO SALSA (4-6)

This is from Delia Smith (a UK national treasure) Winter Collection (BBC books). I translated from the original English!

Submitted by Melanie Hind, Meadow Lane

Chili Ingredients:

1lb braising steak
8oz black beans (pre-soaked overnight or 3 hours ahead bring to boil, boil 10 minutes and leave)
2oz fresh cilantro (leaves are used below)
2 tablespoons olive oil
2 medium yellow onions chopped
1 garlic clove crushed
2 green chilies deseeded and chopped small
1 rounded tablespoon all purpose flour
2x14oz tins chopped tomatoes
1 large red pepper chopped small
juice half lime (see below)
salt

Salsa Ingredients:

2 large firm tomatoes, skinned and deseeded, flesh chopped fine
1 ripe yet firm avocado
half small red onion finely chopped (or grated)
cilantro leaves (see above)
juice half lime (see above)
Few drops original Tabasco sauce
Salt & pepper

To serve:

4 tablespoons sour cream
Brown basmati rice

4 pint flame-proof casserole
Oven 300 F

Directions:

- Chop cilantro stalks very finely
- In casserole heat half oil cook onion, garlic, stalks and chilies 5 minutes, transfer to plate
- Add rest oil, high heat brown beef in about 3 batches
- Return all to pan, sprinkle in flour, stir to soak up juices
- Add drained beans and tinned tomatoes

- Stir well and bring to simmering, put on lid and transfer to oven for 1.5 hours
- Add pepper, return to oven for 30 minutes

Meanwhile make salsa - scoop out avocado using spoon to remove the bright green from inside skin, mash or chop small, combine with half of cilantro leaves chopped small and rest of ingredients

Remove chili from oven, check salt seasoning, add rest of cilantro leaves and juice of half lime.

Serve chili with salsa, rice and dollops of sour cream.

7. VEGETARIAN (OR NOT) CHILI

Submitted by Wicca Davidson, Connecticut Avenue
Chair, Community Relations Committee, Town Neighbors Moderator

Supplies:

BIG pot

Long spoon

Knife (I use a Japanese Caddie knife)

Ingredients:

(If wanted – 2 lbs. ground meat of choice)

Olive or vegetable oil (to cover bottom of pan)

6 pound can of cooked red kidney beans (or smaller cans to add up to 6 pounds)

3 large green peppers – de-seeded and cut

3 large onions – cut

Chopped garlic – I use a serving spoon full of pre-chopped, or cut about 6 cloves

1 beer

1 28 oz can of chopped or diced tomatoes

Salt to taste

Pepper to taste

Chili pepper to taste

Sour cream

Directions:

- Assemble everything except sour cream.

(If using meat, cook first until just done, remove from pan, put meat aside until beans are added.)

- In big pan cook onions, garlic, and green peppers in oil until soft and onions clear.
- Add beans, tomatoes, and spices. Put in juice from tomatoes and from the beans.
- Add beer.

- Turn heat down and cook slowly. Stir to keep beans from sticking.
- Taste and adjust seasonings as needed.

- Cook all day. Put in fridge overnight. Cook again next day.
- Adjust spices as needed.

Serve alone or over rice. Put sour cream on top as garnish.

Grate cheddar cheese over top if you want.

8. CHILI FOR A CROWD (35-40) (8-10 in parentheses)

Adapted from the Silver Palate cookbook

Cathy Wolf, Lynn Drive

Acting Chair, Community Relations Committee

Ingredients:

- ½ cup best-quality olive oil (1/8 cup)
- 1 ¾ pounds yellow onions, coarsely chopped (1/2 lb., approx. 2 small onions)
- 2 pounds sweet Italian sausage meat, removed from casings (1/2 pound)
- 8 pounds beef chuck, ground (2 pounds)
- 1 ½ tablespoons freshly ground black pepper (1 teaspoon)
- 2 cans, 12 ounces each, tomato paste (6 oz. can)
- 3 tablespoons minced fresh garlic (1 tablespoon, about 2 cloves)
- 3 ounces ground cumin (2 tablespoons)
- 4 ounces chili powder (3 tablespoons)
- ½ cup prepared Dijon-style mustard (1/8 cup)
- 4 tablespoons salt (1 tablespoon)
- 4 tablespoons dried basil (1 tablespoon)
- 4 tablespoons dried oregano (1 tablespoon)
- 6 cans (32 ounce) Italian plum tomatoes, drained (2 cans)
- ½ cup red wine (1/8 cup)
- ¼ cup lemon juice (1 tablespoon)
- ¼ cup dried dill (1 tablespoon)
- ½ cup chopped Italian parsley (2 tablespoons)
- 3 cans, 16 ounces each, dark red kidney beans, drained (1 16oz} can)
- 4 cans, 5 ½ ounces each, pitted black olives, drained (1 can)

Directions:

Heat olive oil in a very large, heavy bottomed pot or dutch oven. Add onions and cook over low heat, covered, until

- tender and translucent, about 10 minutes.
- Crumble the sausage meat and ground beef into the pot and cook over medium-high heat, stirring often, until meats are well browned. Drain as much excess fat as possible.
- Over low heat stir in black pepper, tomato paste, garlic, cumin, chili powder, mustard, salt, basil, oregano and dill.
- Add drained tomatoes, red wine, lemon juice, dill, parsley and drained kidney beans. Stir well and simmer, uncovered for another 15 minutes.
- With a large wooden spoon, break up the tomatoes into smaller pieces. Taste and correct seasoning. Add olives, simmer for another 5 minutes to heat through, and serve immediately.

9. VEGETARIAN CHILI (4-6)

From the Dominican Retreat House, McLean, Virginia
Submitted by Catherine Cecere, Leland Street

Ingredients:

2 zucchini cut into 1/4 inch slices
1 medium yellow or red pepper chopped
1 cup chopped onion
1 cup chopped celery
1 cup sliced carrots
2/3 garlic cloves, minced
1/4 cup olive oil
1/4 tsp basil
1/4 tsp oregano
1/4 tsp marjoram
1/4 tsp thyme
1 tsp/ parsley
1 28 oz can tomatoes undrained cup up
8 oz jar mild or hot picante sauce
8 oz can mushrooms (I use fresh)
1 cup vegetable broth
2 tsp cumin ground and 2 tsp cumin seed
2-1/4 oz can ripe olives drained (sliced black olives)
15 oz. can chili beans undrained
15 oz can garbanzo beans drained
6 oz shredded cheddar cheese.

Directions:

- In large pan, sauté red pepper, onion, celery, carrots and garlic in oil until crisp-tender.
- Add herbs and spices. Stir in tomatoes, picante sauce, bouillon and mushrooms. Bring to a boil; reduce heat. Cover simmer 30 minutes, stirring occasionally.
- Stir in olive, zucchini, chili beans and garbanzo beans. Add water. Simmer until thoroughly heated and zucchini is crisp tender.
- Sprinkle cheese over chili when served. Can be served with brown rice and corn muffins.
- Serve with an assortment of toppings, e.g. shredded cheese, avocado, crushed corn chips, sliced green onions, sour cream, and/or jalapeños

10. ROTISSERIE CHICKEN* CHILI (6)

Adapted from Ina Garden

*You can roast bone-in chicken breasts and/or thighs and shred the meat if preferred. You could also use leftover, shredded turkey instead of chicken.

Cathy Wolf, Lynn Drive

Acting Chair, Community Relations Committee

Ingredients:

4 cups chopped yellow onions

A few celery stalks, chopped (optional)

1/8 cup olive oil

2 cloves minced garlic

Mixture of bell peppers, diced (see notes and tips), at least 1 cup

At least 1 t each of chili powder and cumin, according to your taste

1/4 t each red pepper flakes and cayenne pepper, or to taste

Some smoked paprika, if you have it on hand and, as a native New Orleanian, I suggest Tabasco or another type of hot sauce.

2 t kosher salt and freshly ground black pepper

2 28 oz cans diced tomatoes, undrained

Throw in some minced, fresh basil leaves (dried is ok)

Shredded, skinned chicken (roisserie or otherwise), as much or as little as you want.

Directions:

- Cook onions and celery (if using) in the oil over medium-low heat for 10-15 minutes or until translucent.
- Add the garlic and cook for 1 more minute. Add peppers and spices and cook for another minute.
- Add tomatoes to the pot with basil. Bring to a boil, then reduce the heat and simmer, uncovered, for at least 30 minutes, stirring occasionally. Longer simmering should enhance the flavors. Taste and adjust the seasonings.
- Add shredded chicken to chili and cook on low heat for at least 20 minutes. Can eat immediately or refrigerate overnight and reheat gently.

Serve as is or, better still, with a mixture of chopped onions, grated cheddar, sour cream, and/or avocado.

11. LADY BIRD JOHNSON'S PEDERNALES RIVER SPECIAL

From The Chili Cookbook by Johnrae Earl and James McCormick

Submitted by Bridget Hartman, Ridgewood Avenue

When the kids were growing up, this was a family-favorite winter meal. In writing about this recipe, Earl and McCormick penned that "Lyndon Johnson used to say that when he was in Washington his kitchen shelves were crowded with cans of Texas chili 'so I can survive the chili drought until I got home.' "

Ingredients:

4 pounds chopped chili meat (venison or beef)
1 large onion, chopped
2 cloves garlic, finely chopped
1 teaspoon oregano (more if you are a fan of oregano)
1 teaspoon ground cumin (more if you like a more earthy flavor)
6 teaspoons chili powder (more if you like it hotter)
2 cans (12 oz.) tomatoes
salt to taste
2 cups hot water

Directions:

- Put meat, onion and garlic into a large skillet and sear until lightly browned.
- Add all other ingredients. Bring to boil. Lower heat, cover and simmer one hour. (Add water or more tomatoes as needed/desired. (The chili can definitely simmer longer.)
- Skim off grease and serve hot.

12. NEW YORK TIMES COOKING CHILI

Adapted from the vegan chili recipe, NYT Cooking

Submitted by Bridget Hartman, Ridgewood Avenue

We recently “un-vegged” this vegan recipe, substituting ground turkey meat for the ground vegan meat and cooked dried Rancho Gordo dried bean for canned kidney beans. <https://www.ranchogordo.com/>

Ingredients

For the Chile Paste

- 2 whole dried ancho (sweet, smoky – 1,500 SHU), pasilla (sweet, fruity – 2,500 SHU) or mulato (smoky, sweet – 3,000 SHU) chiles, stems and seeds removed and torn into rough 1-inch pieces (about ½ ounce)
- 1 whole dried chipotle (8,000SHU), New Mexico red (8,000 SHU), California, costeño (12,000 SHU) or choricero chile, stems and seeds removed and torn into rough 1-inch pieces (about 1/8 ounce)
- 1 to 2 dried hot chiles, such as arbol (30,000 SHU) or pequín (smoky, fruity – 60,000) stems and seeds removed and torn into rough pieces (optional).

Note: You can omit the chile paste and substitute 3 tablespoons of chile powder. Add chile powder with chipotles and cumin in Step 3 and cook, stirring frequently until aromatic, about 30 seconds. Then add the tomato paste and continue with Step 4.

For the Chili

- 2 tablespoons vegan butter
- 1 pound vegan ground meat (We substitute ground turkey meat.)
- 1 medium onion, grated on large holes of a box grater (about 1 ½ cups)
- 2 large garlic cloves, grated on microplane (about 4 teaspoons)
- 1 teaspoon dried oregano
- Kosher salt
- 2 chipotle peppers packed in adobo sauce, finely chopped
- 2 teaspoons ground cumin
- ¼ cup tomato paste
- 1 (15-ounce) can whole tomatoes packed in juice, drained and chopped into ½ inch pieces
- 1 (16-ounce) can dark kidney beans, drained (We substitute cooked dried beans from Rancho Gordo, a great online source for heirloom beans.)
- 1 tablespoon soy sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon whiskey, vodka or brandy (optional)

Preparation

Make the Chile Paste

1. Add all the dried chiles to a Dutch oven or large, heavy-bottomed sauce pan and cook over medium-high heat, stirring frequently, until slightly darkened and giving off an intense roasted aroma, 2 to 5 minutes. Turn down the heat if they begin to smoke. Add 1 cup water; it should immediately boil. Reduce heat so water barely simmers and cooks until chiles have softened, about 4 minutes. Transfer the chiles and liquid to a blender and blend at high speed, scraping down sides as necessary, until a completely smooth puree is formed, about 2 minutes. Set aside.

Prepare the Chili

2. Melt butter in a large Dutch oven or over medium-high heat. Add the ground meat and cook, breaking it up with a wooden spoon, until fat has mostly rendered and is starting to sizzle rather than steam, about 10 minutes. (Drain the mixture at this point if you prefer less fat in the finished chili.)
3. Add the onion, garlic, oregano and salt. Cook, stirring frequently until the onions have softened, about 2 minutes. Add the chipotles, cumin and reserved chile paste and cook, stirring frequently until the past reduces to the point that it starts to sizzle and fry, about 4 minutes. Add the tomato paste and cook, stirring frequently until homogenous, about 1 minute.
4. Add chopped canned tomatoes and scrape up any brown bits that have stuck to the pan. Add kidney beans, soy sauce and 1 cup water. Stir to combine. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until flavors have developed and chili is thickened to desired consistency, about 3minutes. Stir in vinegar and liquor, if desired. Adjust texture by adding water. Season to taste with salt and pepper. Serve with your favorite garnishes.

13. CINCINNATI CHILI (AUTHENTIC)

(8-10)

Adapted from Allrecipes

Submitted by Cathy Wolf, Lynn Drive

Acting Chair, Community Relations Committee

This is a recipe from a Cincinnati native. She recommends "4-wav", with spaghetti, raw chopped onions, grated mild cheddar, and oyster crackers! Cincinnati chili is always served on spaghetti and oyster crackers seem to be mandatory as well!

Make a day ahead and leave in refrigerator for 8 hours or overnight. Skim fat before eating.

Ingredients:

- 2 pounds lean ground beef
- 1 quart water, or amount to cover
- 2 onions, finely chopped
- 1 (15 ounce) can tomato sauce
- 2 tablespoons vinegar
- 2 teaspoons Worcestershire sauce
- 4 cloves garlic, minced
- ½ (1 ounce) square unsweetened chocolate
- ¼ cup chili powder
- 1 ½ teaspoons salt
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cayenne pepper
- 5 whole cloves
- 5 whole allspice berries
- 1 bay leaf

Directions:

- Place the ground beef in a large pan, cover with about 1 quart of cold water, and bring to a boil, stirring and breaking up the beef with a fork to a fine texture. Slowly boil until the meat is thoroughly cooked, about 30 minutes, then remove from heat and refrigerate in the pan overnight.
- The next day, skim the solid fat from the top of the pan, and discard the fat. Place the beef mixture over medium heat, and stir in the onions, tomato sauce, vinegar, Worcestershire sauce, garlic, chocolate, chili powder, salt, cumin, cinnamon, cayenne pepper, cloves, allspice berries, and bay leaf. Bring to a boil, reduce heat to a simmer, and cook, stirring occasionally, for 3 hours. Add water if necessary to prevent the chili from burning.