

That's what I'm talking about

**HAMILTON**  
relay



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*"We live in Northern Kentucky, a stone's throw away from downtown Cincinnati, home of the Cincinnati Bengals and Reds."*

That's what I'm talking about



# My Favorite Chili (Mom's Recipe)

## Ingredients:

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*2 pounds ground chuck*  
*1 small onion (diced)*  
*15 oz tomato sauce*  
*1 can of red kidney beans*  
*1 can of whole peeled tomatoes (smash)*  
*1/4 tsp oregano*  
*1 tsp cinnamon*  
*1/4 tsp allspice*  
*3 bay leaves*  
*2 1/2 Tbsp chili powder*  
*1 1/2 Tbsp sugar*  
*3/4 Tbsp salt*  
*1 tsp garlic salt*  
*21 oz water*  
*Pepper to taste*  
*1 1/2 tsp cayenne pepper*

## Directions:

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1. Brown ground chuck in large pot and drain off grease.
2. Add in all ingredients.
3. Stir, cover and simmer for 1 hour.

Optional - serve with spaghetti noodles and sprinkle with grated cheese.