Five-Way Cincinnati Chili tops plate of pasta

Chill is a favorite from coast to oast. However, each region has its wn distinct flavor and blend of ingredents. Cincinnati chill is the latest popular person shill experts.

own distinct liavor and Brena of ingredients. Cincinate chill is the latest popular version among chill experts. What make Cheinnati-tyle chill different from all the rest? The basic chill dish is actually quite similar. It's made with ground beef, tomatoes and spices including one or all of the following seasonings: cinnamon, cloves, nutmeg, ginger, allapice, cardamon and coriander. Some versions also include unsweetened chocolate and vinegar. The most unique feature of chill, however, is the way it's served over pasta and topped with various combinations of grated cheese, chopped onions or peppers, red kidney beans and oyster crackers.

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The basic ingredient of the chill is ground beef, Ground beef is available in the supermarket in varying degrees of leanness from 70 to 90 percent lean. Any of these ground beef categories can be used in chili. However, since the

percent lean ground beef is the best buy.

Cincinnati chill uses a varlety of ingredient toppings in the three-way, four-way or live-way versions. Three-way Cincinnati chill uses vermicelli topped with the chill intuture, chopped onlons and grated cheese. And the Five-Way Cincinnati Chill includes everything — vermicelli topped with beans, covered with the chill intuture and finally sprinkled with chopped onlon and grated cheese.

FIVE-WAY CINCINNATI CHILI

1 is lbs. ground beef I medium onlon, finely chopped 2 cloves garlic, minced 2 Tbsp, chill powder I Tbsp, unsweetened cocoa I tsp, each dry mustard, ground cumin, paprika and salt

per % tsp. each ground allspice, cardamon, clanamon and cloves I can (28 oz.) Italian plum tomatoes

1 cup water 8 oz. vermicelli, cooked 1 can (15¼ oz.) red kidney beans, heat-

1 small onion, finely chopped 4 oz. cheddar cheese, finely shredded

Cook ground beef with onion and garlie in Dutch oven over medium high heat until beef loses its pink color. Pour off drippings. Sir in chill powder, co-coa, dry mustard, cumin, paprika, sali, red and black pepper, allspice, cardamon, cinnamon, cloves, tomatoes and water. Bring to a boli; reduce heat and simmer, uncovered, 45 minutes. To assemble chill, layer the following ingredients on 6 individual plates: vermicelli, beans, chill mixture, onion and cheese. Makes 6 servings.



These salads use different 'greens'

that without lettuce or tomato, a salad was nothing. That was a long time ago. Today, I can turn a couple of cans of green beans and a container of sour cream into a quick salad without giving lettuce or tomato a second thought. There are other greens, of course, that make for excellent salads, I prefer spinach. I give it a good washing in the sink with cold water, I rinse the spinach, cut off the thick stems and put it in a large bowl. When I am out of paper towels, I pat the spinach dry with a cloth towel, remove the bruised leaves

and can't covere before I create the salad.

CREAMED GREEN BEAN SALAD
2 cans (i lb.) green beans, dralated
1 egg yolk
½ tsp. each dry mustard and paprika
½ tsp. salt
1 container (8 oz.) sour cream
2 Tsp. lemon juice
Chill green beans. In small bowl, beat with fork yolk, mustard, paprika
and salt; gradually beat in sour cream
and lemon juice, chill. Yields about 1
cup. Spoon dressing over beans. Serves
6.

SPINACH-MUSHROOM SALAD

2 lbs. spinach, throughly washed The cider vinegar

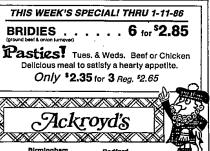
4 tsp. sugar 1 tsp. suit 4 Tbsp. water 34 lb. mushrooms, washed and sliced

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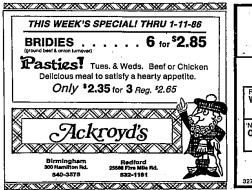
Remove rough spinach stems and brulsed leaves, dry with paper towel-ing, tear leaves in bite-size piece, place in large salad bowl, cover and re-frigerate. In large skillet, fry bacon un-utl crisp, drain on paper toweling and



set aside. Leave desired amount of bacon fat in skillet, sitr in vinegar, sug-ar, salt and water and heat through, stirring. Pour dressing over spinach Serves 8.



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Holiday leftovers can be taste treat Everyone loves holiday meals, but holiday leftovers can be a different storage. This needs to be the seed of the the case, however. By using a little time and imagination you can turn leftovers into laste treats. Always consider proper storage for your leftovers. For example, turkey, hams and roasts should be frozen if they won't be used up within 2 days. Try these ideas to give new life to leftovers: Only a few tablespoons of sour cream chees. Refrigerate until set. For more information, contact the Cooperative Extension Service at 858-

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