

# Chili Dogs

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## Servings: 4

*1 tablespoon olive oil  
1 onion, chopped  
2 cloves garlic, chopped  
1 pound ground beef  
2 1/2 cups ketchup  
1 teaspoon chili powder  
2 tablespoons yellow mustard  
salt (to taste)  
pepper (to taste)  
4 hot dogs  
hot dog buns, grilled  
shredded cheese (for topping)*

Heat a large skillet over medium heat. Add the olive oil. Add the onion and garlic. Cook, stirring, until soft and translucent, about 5 minutes.

Add the ground beef, breaking it up with the back of a spoon. Cook until nicely browned, about 10 minutes.

Stir in the ketchup, chili powder and mustard. Simmer until thickened, about 15 minutes. Season with salt and pepper.

Grill the hot dogs over medium high heat, turning, until marked. Grill the buns.

Serve on the grilled buns. Top cheddar with the chili and shredded

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Per Serving (excluding unknown items): 740 Calories; 51g Fat (60.7% calories from fat); 28g Protein; 46g Carbohydrate; 3g Dietary Fiber; 125mg Cholesterol; 2596mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 8 Fat; 2 1/2 Other Carbohydrates.