

Beef

Chipotle Chili Dogs

Barb Templin

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Servings: 6

Start to Finish Time: 25 minutes

6 hot dogs
1/2 pound ground beef
1/4 cup onion, chopped
1 clove garlic, minced
1 can (8 oz) tomato sauce
2 1/2 teaspoons minced chipotle peppers in adobo sauce
3/4 teaspoon chili powder
1/4 teaspoon salt
1/8 teaspoon pepper
6 hot dog buns, split
3 tablespoons sour cream
3 tablespoons salsa
3/4 cup cheddar cheese, shredded
2 green onions, chopped

Cook the hot dogs according to package directions.

In a large skillet, cook the beef, onion and garlic over medium heat until the meat is no longer pink. Drain.

Stir in the tomato sauce, chipotle peppers, chili powder, salt and pepper. Bring to a boil.

Reduce the heat and simmer, uncovered, for 4 to 5 minutes or until flavors are blended.

Place the hot dogs in the buns.

Spoon the chili over the hot dogs.

In a small bowl, combine the sour cream and salsa. Spoon over the tops of the buns.

Sprinkle with cheese and green onions.

Per Serving (excluding unknown items): 516 Calories; 35g Fat (61.6% calories from fat); 21g Protein; 28g Carbohydrate; 2g Dietary Fiber; 79mg Cholesterol; 1372mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat.