

# Barbecue Meat Sauced Hot Dogs

Amount	Measure	Ingredient - Preparation Method
1	tablespoon	olive oil
1	large	onion - chopped
2	pounds	ground beef
4	cloves	garlic - chopped
1/2	cup	ketchup
1	cup	smoky, tomato based BBQ sauce
1	tablespoon	hot red pepper sauce
2	tablespoons	mustard

In a deep, 10 inch frying pan, heat olive oil and saute onion over medium heat just until it starts to soften. Crumble beef into pan and stir with a slotted spoon to break it up as much as possible. Cook beef and onions over low heat, continuing to stir, just until beef is lightly browned. Add garlic and cook for 1 minute longer. Add remaining ingredients and mix well. Cook, uncovered, over low heat for 25-30 minutes, stirring occasionally, until sauce is thick.

Yield: "5 cups"