

Dynamites



As always, no endless pages of my childhood or the deep personal meaning behind this recipe. No pop-up ads or anything else to drive you crazy. You're here to get the scoop on this recipe.

Dynamites have been in my family forever. Think of them as a spicy sloppy joe. Although it's traditionally made with ground beef, there's no reason you can't use ground turkey or even a vegan option. Dynamites are great on a big hearty bun, but you can also eat it from a bowl just like chili. The long strips of peppers and onions make them sloppy and fun to eat.

Ingredients:

- 2 lbs of ground beef
- 2 green peppers
- 2 medium sweet onions
- 24 oz (three 8 oz cans) of tomato sauce
- Olive oil
- Garlic salt or garlic in oil
- Salt
- Pepper
- Tabasco sauce
- Torpedo/sub (12") rolls

Prep / Prep Time (5 mins):

- Slice the peppers into long thin strips. Don't use the core or seeds.
- Slice the onions into long thin strips.

Cooking / Cook Time (1 hour):

- Heat a large non-stick fry pan to medium.
- Sauté the peppers and onions in olive oil until soft.
- Toss in salt, pepper, and garlic to taste.
- Remove from the pan and place aside.

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- Use the same pan to brown the ground beef.
- Use either a large pot or a crock pot for the next step. I typically use a crock pot if I plan to serve the Dynamites later that day and/or need them portable.
- Combine the beef, peppers, and onions into the pot.
- Add in the tomato sauce.
- Add Tabasco sauce to taste.
- Bring to a boil.
- Reduce to a simmer, and leave for 45 minutes.
- Check the taste and adjust the salt, pepper, garlic, and Tabasco as needed.

Assembly:

- Cut the torpedo rolls in half to create a 6" sandwich.
- Slice the top of the roll open to fill with the Dynamite mixture.
- I recommend a slotted spoon to avoid soaking the bun with too much sauce.

Extras/Alternatives:

- Instead of ground beef, use a different ground meat or meat alternative.
- The hot sauce doesn't have to be Tabasco. Also consider keeping some hot sauce bottles nearby when serving the Dynamites so that people can add as much heat as they want.
- If you want to go bun-less, serve in a bowl with either diced avocado, rice, or your favorite cooked beans.