



Coney-Style Chili Dog

A skinned down version of a Coney Island chili dog

When I want a guilty pleasure food, I want a chili dog like you'd get at Wienerschnitzels, Pinks, or Cupids (all West Coast Staples). I then found out that there was a style of chili dog, which has a more meaty, yet 'finely-ground' chili, called a 'Conie dog'. Conie dogs were made famous at Conie Island and aren't as soupy/runny as the one's I'm used to. That sounded great, because I hate biting into a chili dog, then having the chili pour out like the Mighty Mississippi.

For my healthier version, instead of hot dog franks, we're using 0 point ground turkey sausages, covered in my finely ground, runny 'hot dog chili', served with diced onions and mustard. The big hurdle was trying to get 99% fat free ground turkey to mimic the texture of finely-ground chili made from ultra fatty 80/20 ground beef. It took some finagling, but I figured out, eventually.

Ingredients:

- 1lb batch of my 'Savory' meat mix (pg 16), formed into (6) 3oz sausages (*see pg. 44-45*)

Chili Con Carne:

- 1 prepared batch of my 'Hot Dog Chili', recipe on pg 18

Additional Ingredients:

- Diced onions (yellow, white or red, your preference)
- Yellow mustard
- Low carb (Keto) Hot dog buns o' choice

Directions:

- 1 Prepare a batch of the chili, ahead of time.
- 2 Form the meat into sausage links, as directed in my 'DIY sausage guide', then cook them in whichever way you prefer... pan fried or on the grill. I personally prefer grilled, but pan fried works fine too. Set aside.
- 3 Toast or steam your hot dog buns or hoagie rolls, or whatever bread you choose.
- 4 **To Serve:** Place a sausage link into one of the buns, cover with chili, then add as much diced onion as you prefer. Finally, add some yellow mustard to finish it off.

Notes:

- **CHILI:** It goes without saying, you can obviously use ANY chili you want... even canned chili. But, adjust your points.

Servings Info.:

Yields: 6 sandwiches

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Serving Size: 1 sandwich



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- last checked 04/02/24 -
Listed Points **DO NOT INCLUDE BREAD!** Use whatever bread you want, then add my points.