

Coney Island Sauce

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-coney-island-sauce-recipe>

Ingredients:

- 1 pound lean ground beef
- 1 onion Medium -, minced
- 3 cloves garlic minced
- 1 teaspoon chili powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 8 ounces tomato sauce
- 3 teaspoons ketchup
- 2 teaspoons seasoned salt
- 1/2 teaspoon oregano
- 3 cans water using the tomato sauce can

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 70 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 3 grams
8. Sodium: 360 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Coney Island Sauce above. You can see more 19 greek coney island sauce recipe You won't believe the taste! to get more great cooking ideas.