

# Red Hot Coney Sauce

*Shaunn Lybarger*

*Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa*

*1 pound ground beef  
12 ounces herbed tomato  
sauce  
12 ounces cooked kidney  
beans  
1 - 2 tablespoons hot sauce  
1 tablespoon paprika  
2 tablespoons chili powder  
2 teaspoons ground  
mustard  
2 teaspoons Worcestershire  
sauce  
1/2 cup onion, diced  
2 tablespoons onion powder*

In a skillet, brown the ground beef and onion.

In a large saucepan, mix all of the remaining ingredients.

Place the mixture in a crockpot. Add the ground beef.

Cook on LOW for five hours OR on HIGH for two hours.

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Per Serving (excluding unknown items): 1993 Calories; 126g Fat (56.3% calories from fat); 110g Protein; 109g Carbohydrate; 31g Dietary Fiber; 386mg Cholesterol; 1323mg Sodium. Exchanges: 6 Grain(Starch); 12 1/2 Lean Meat; 1 1/2 Vegetable; 19 Fat; 0 Other Carbohydrates.