

Rhode Island Dynamites

A beloved Woonsocket classic with a story as rich as its flavor.

Overview

This recipe makes enough Dynamites for a small party. Feeding a crowd? Double it — you won't regret it. They freeze beautifully and taste even better the next day. Legend has it that Rose Thibideau sold these at the Woonsocket train station during the Depression to help feed her family. However they began, this recipe has been made and loved by my family for over 50 years.

A hearty roll is essential. **Never** hot dog buns.

Ingredients

- 3 pounds freshly ground beef (*see Note 1*)
 - 1 large green pepper, diced, seeds removed
 - 1 large red pepper, diced, seeds removed
 - 2 medium onions, diced (*or 1 Vidalia*)
 - 2 large vine-ripened tomatoes, diced
 - 3 tablespoons butter for sautéing (*see Note 2*)
 - 1 cup water (*use 1½ cups if using 5 pounds of beef*)
 - 2–3 small cans tomato paste (*or homemade tomato sauce*)
 - 1 teaspoon crushed red pepper
 - 1 teaspoon salt
 - 1 teaspoon pepper
 - ½ teaspoon garlic powder
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Instructions

1. In a large saucepan, sauté the diced peppers, onions, and tomatoes in butter until soft.
2. Add the water and cook for 1–2 minutes until the vegetables blend.
3. Add the ground beef to the same pot. Cook until evenly browned and most of the water has evaporated.
4. Spoon off excess grease, leaving just a little for flavor.
5. Add tomato paste or homemade sauce and seasonings. The mixture should not be too loose or mushy — add just enough paste to coat the meat.
6. Taste and adjust seasonings as desired. Remember: the flavor deepens overnight.
7. Cover the pot and refrigerate for one full day to let the spices blend.

8. Reheat in the same pot on the stove or on a grill side burner.
 9. Serve on hearty torpedo rolls (*see Note 3*).
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Notes

Note 1: You can use up to 5 pounds of meat without doubling the other ingredients.

Note 2: Butter may be substituted with 3 tablespoons extra virgin olive oil or canola oil.

Note 3: Calise Bakery and Lil' General Stores sell excellent torpedo rolls.

Dynamites also make a fantastic topping for hot dogs.

Yield

- **Servings:** Approximately 25
- **Prep Time:** 20 minutes