



## Bacon Cheeseburger Chili



1/7th of recipe (about 1 cup): 237 calories, 6g total fat (2.5g sat. fat), 677mg sodium, 24g carbs, 5.5g fiber, 10.5g sugars, 22g protein

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**Prep:** 15 minutes    **Cook:** 3 - 4 hours *or* 7 - 8 hours, plus 5 minutes



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### Ingredients

1 cup canned crushed tomatoes  
1/2 cup ketchup  
2 tbsp. Worcestershire sauce  
2 tsp. yellow mustard  
One 15-oz. can red kidney beans, rinsed and drained  
One 14.5-oz. can diced tomatoes (not drained)  
1 cup chopped onion  
1 cup chopped bell pepper  
1 lb. raw extra-lean ground beef (4% fat or less)  
2 tsp. chopped garlic  
2 tsp. chili powder  
1 tsp. ground cumin  
4 slices center-cut bacon or turkey bacon  
7 tbsp. shredded reduced-fat cheddar cheese  
Optional topping: chopped pickles

### Directions

Spray a slow cooker with nonstick spray.

In a large bowl, combine crushed tomatoes, ketchup, Worcestershire sauce, and mustard. Mix until uniform. Add beans, diced tomatoes, onion, and pepper. Stir to coat.

Place raw beef in a slow cooker. Sprinkle with garlic, chili powder, and cumin; mix well. Top with saucy veggie mixture, and thoroughly stir, breaking up the meat as much as possible.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until beef is fully cooked and veggies have softened.

Stir well.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Top each serving with 1 tbsp. cheese.

Chop or crumble bacon, and sprinkle over each serving (about 1 tbsp. each).

**MAKES 7 SERVINGS**

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