



## 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

Freestyle™ [SmartPoints®](#) value 4\*

[SmartPoints®](#) value 5\*

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

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### 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**

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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