



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

Green Plan [SmartPoints](#)® value 5*

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

Purple Plan [SmartPoints](#)® value 4*

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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