



Bacon Cheeseburger Casserole



1/6 of casserole: 222 calories, 10g total fat (5g sat. fat), 616mg sodium, 7.5g carbs, 0.5g fiber, 4g sugars, 24.5g protein

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Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

6 slices center-cut bacon or turkey bacon
1 lb. raw extra-lean ground beef (at least 96% lean)
1 cup chopped onion
1 tsp. garlic powder
1 tsp. onion powder
1/4 tsp. salt
1/4 tsp. black pepper
1/3 cup light/reduced-fat cream cheese
3 tbsp. ketchup
1 tbsp. yellow mustard
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/2 cup shredded reduced-fat cheddar cheese
6 hamburger dill pickle chips, chopped

Directions

Preheat oven to 375°F. Spray a 9"×13" (or similar size) baking pan with nonstick spray.

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.) Roughly chop.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, garlic powder, onion powder, salt, and pepper. Cook, stir, and crumble until beef is fully cooked and onion has softened, 5–7 minutes.

Remove skillet from heat. Add cream cheese, ketchup, and mustard. Stir until thoroughly mixed and melted. Transfer to the baking pan, and smooth out the top.

Evenly top with bacon, egg, and cheddar. Cover with foil and bake for 20 minutes, or until entire dish is hot and cheese has melted.

Top with chopped pickles.

MAKES 6 SERVINGS

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