



Chili Cheeseburger Bowl



Entire recipe: 280 calories, 10g total fat (4.5g sat. fat), 476mg sodium, 15g carbs, 4.5g fiber, 5.5g sugars, 32g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

3 cups shredded or chopped lettuce
 4 oz. raw extra-lean ground beef (at least 95% lean)
 1/4 tsp. garlic powder
 1/4 tsp. onion powder
 1 dash salt
 1 dash black pepper
 2 tbsp. shredded reduced-fat cheddar cheese, or more for topping
 1/4 cup canned veggie chili
 1/4 cup chopped tomatoes
 2 tbsp. chopped scallions
 Optional toppings: chopped onion, light sour cream, yellow mustard, jalapeño slices

Directions

Place lettuce in a large bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef and seasonings. Cook and crumble until beef is fully cooked, about 5 minutes. Top with cheese and cook for 1 minute, or until melted.

Add cheesy beef to the bowl of lettuce.

Place chili in a microwave-safe bowl. Microwave for 30 seconds, or until hot.

Add chili to the large bowl, and top with tomatoes and scallions.

MAKES 1 SERVING

HG FYI: Not all veggie chili gluten free, so read labels carefully if that's a concern.

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