



Chili Cheeseburger Casserole



1/6 of casserole: 233 calories, 8.5g total fat (4g sat. fat), 459mg sodium, 13g carbs, 3g fiber, 4g sugars, 23.5g protein

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Prep: 10 minutes **Cook:** 40 minutes



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Ingredients

1 lb. raw extra-lean ground beef (at least 95% lean)
1 cup chopped onion, or more for topping
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. salt
1/4 tsp. black pepper
1/3 cup whipped cream cheese
1 tbsp. yellow mustard
One 15-oz. can veggie chili
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
1/2 cup shredded reduced-fat cheddar cheese
Optional toppings: lettuce, light sour cream, pickle slices, tomatoes

Directions

Preheat oven to 375°F. Spray an 8"×8" (or similar size) [baking pan](#) with nonstick spray.

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

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

In a medium bowl, mix chili with egg whites/substitute. Evenly pour over the contents of the baking pan. Top with cheddar.

Cover pan with foil. Bake for 20 minutes, or until entire dish is hot and cooked through and cheese has melted.

Remove foil. Bake until lightly browned and bubbly, about 10 minutes.

MAKES 6 SERVINGS

HG Tip: To make this scoopable casserole more sliceable, refrigerate overnight or let sit for at least 30 minutes before slicing.

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