

Cheeseburger Chili

Have you checked out www.foodcoach.me yet?! Steph Wagner is a bariatric dietitian that provides meal plans, recipes, tips that are appropriate for post weight loss surgery.

Chili is a great meal option with minimal meal prep and will typically give you leftovers you can use for lunch throughout the week. Chili is also a great choice for the bariatric patient.

Remember to keep it thick and hearty and eat with a fork to keep the liquid out of your meal.

This will allow you to stay full much longer after your meal. Keep bite sizes the size of a black bean.

Speaking of black beans, **if you've had weight-loss surgery and/or are looking to lose weight, be very minimal with beans.** They are a protein source, but they are also starchy. Focus more on the meat than on the beans or even cut the beans in half. Gastric Sleeve and Gastric Bypass patients will fill up on a smaller portion if they stick to the meat portion. Small bites and eating slowly will allow you to tolerate the beef well.

Ingredients:

- 1 lb lean ground beef
- 1 yellow bell pepper, diced
- 1 small yellow onion, diced
- 1 (8 oz) can tomato sauce
- 1 (15 oz) can diced tomatoes
- 3 tbsp chili powder
- 2 tbsp McCormicks® Bacon Molasses Seasoning (or other burger seasoning)
- 1 tsp each salt & pepper
- 1 (15 oz) can black beans, rinsed
- *toppings as desired: jalapeño, banana pepper, 2% cheddar cheese, etc

Preparation:

1. Heat a large skillet to medium high heat. Add the ground beef and cook until browned, drain. Put back on stovetop and add all the seasonings to the meat. Stir to combine and cook another 2 minutes.

2. Transfer beef mixture to slow cooker. Add all remaining ingredients except toppings.

3. Cook on low 8 hours or high 4 hours...or until you're ready to eat (the food will be cooked through, the flavors develop more as you let it slow cook.) Serve with toppings as desired.

**This can also be made on the stovetop if you don't have time for the Crockpot®.