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Chocolaty Pumpkin Bars

Ingredients

- 1 pound lean ground beef
2 cups water
1 (15 1/2-ounce) can chili beans, undrained
1 (14 1/2-ounce) can diced tomatoes, undrained
3/4 cup uncooked rice
1/4 cup chopped onion
1 Tablespoon chili powder
1 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
3/4 teaspoon salt
1/8 teaspoon garlic powder
1 cup low fat cheddar cheese, shredded

Makes 6 servings

Instructions

- 1. Preheat oven to 350° F. Coat a 15x10x1-inch baking pan (jelly roll pan) with vegetable oil spray, set aside.
2. Whisk together the flour, whole wheat flour, walnuts, sugar, baking powder, cinnamon, baking soda, and salt in a large bowl.
3. In a separate bowl, combine the eggs, egg whites, pumpkin, oil, and milk. Add to the dry ingredients along with the chocolate chips and stir to combine.
4. Spread the batter evenly in the prepared pan and bake for 20-25 minutes or until a wooden toothpick inserted in the center comes out clean. Cool on a wire rack.

Notes:

- For maximum freshness, store leftovers in a plastic container or zip-top bag in the refrigerator.
• May add 1/8 teaspoon nutmeg.

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value. Includes rows for Total Fat (2.5g, 4%), Saturated Fat (0.5g, 3%), Cholesterol (10mg, 3%), Sodium (80mg, 3%), Total Carbohydrate (11g, 4%), Dietary Fiber (1g, 4%), Sugars (5g), Protein (2g), Vitamin A (35%), Vitamin C (0%), Calcium (2%), and Iron (2%).

32% calories from fat

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