



Chili Cheeseburger ("Tommy's Original" copycat)

Inspired by the famous "Tommy's" Chili Cheeseburger. But, mine's muuuuuuuuuuch healthier.

Here in California, there's a chain of drive-thru burger joints called "Tommy's Original", that's considered an institution. I promised [@mariarachael12](#), back in 2019, I'd make her a healthier version. The only thing that really needed to be modified was their chili con carne recipe. My version is heavily docked up and uses 99% fat free ground turkey instead of ultra fatty ground beef and grease. It's not the exact same, obviously, but my version tastes nearly as good as the original, but with over 50 fewer grams of fat and nearly 500 less calories. Plus... unlike the original, mine doesn't act liquid plumber.

Ingredients:

Savory Ground Turkey Patties **

- 3/4 lb batch of my Savory Ground Turkey, recipe on pg 26

Modified Chili con Carne, no beans:

- 1/2 lb 99% fat free ground turkey (*the ENTIRE recipe uses 1-1/4 lbs*) (can include the leftover 1/4 pound 'savory' meat, from above)
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp ground cumin
- 2 tsp masa harina, or maseca instant masa mix (see notes)***
- 1 Tbsp Hershey's unsweetened cocoa powder (trust me)
- 1 tsp worcestershire sauce
- 3/4 cups fat free beef broth
- 1/4 cup tomato sauce
- 1-1/2 tsp balsamic vinegar... Listen, Nancy... just do it!

Additional Ingredients:

- Sliced dill pickles
- 1 large tomato, cut into thin slices
- Traditional yellow mustard
- 1 medium white, or yellow onion, diced
- 4 slices low point American cheese. I used Velveeta originals. Though, if you can find them, use Borden's fat free cheddar slices. They are 1 point for 2 slices, where velveeta is 3 points for 2 slices.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger



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- last checked 02/22/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

Directions:

- 1 Mix together the 'savory' ground turkey. Form into (4) 3oz patties. Set aside to rest for 20-30 minutes.



- 2 (A) Ok, the process for this chili is going to freak you out, but just roll with it. Place ALL of the chili ingredients into a small pot. Whisk it all together, to break up the meat. I know full well that it looks gross, just trust the process. Bring the mixture to a boil, then reduce the heat slightly. Simmer for 5-6 minutes, whisking the entire time. (B) Cook until you are left with a cooked down chili with a finely ground texture. It will look nearly identical in texture to regular 85% FATTY ground beef, that's been cooked down. Remove from heat, set aside. Season with more salt, pepper, chili powder, or cumin, to taste... if desired.

- 3 Preheat a large pan over medium heat for 1 minute, till water sizzles on its surface. Spray cooking spray into the pan and cook your 4 rested burgers for 2-1/2 minutes. Flip the patties and cook for 2 more minutes. With 1 minute left, top the patties with a slice of low point american cheese, add a little water into the pan and immediately cover with a lid, letting the steam melt the cheese. TA DA!



- 4 To assemble the burgers, first toast the buns, then (A) place a cheeseburger patty onto the bottom bun, (B) followed by a generous scoop of chili, topped with some diced onions. (C) Next comes some dill pickle slices, covered by a tomato slice. (D) Lastly, smear some yellow mustard on top of the tomato, then finish it up with the top bun. Done. I know it looks weird, but that's how "Tommy's" makes their burger, and this is a copycat version.

WOOT!!! You now have a Tommy's chili cheeseburger that won't have your G.I. system doing cartwheels like a Russian gymnast!

NOTES & SUGGESTIONS:

- **CHEESE:** Use any brand of "LOW POINT" sliced cheese you want. I used Velveeta Originals because they are 1 point for 1 slice, 3 points for 2, and most people have access to them. Use whatever low point brand you can find and adjust your points. If you can find Borden Fat Free Cheddar Slices, those are 4 slices for 3 points.
- **CHILI:** Honestly, other than the chili, this is just a plain burger. I will admit, this is a really freakin' weird way to make chili, but just roll with it. You do NOT have to strictly adhere to my cook times. Once it comes to a boil, cook down to the consistency that YOU want. If you cook it too long and it gets too thick, simply stir in some more beef broth, then adjust the seasonings if needed. The reason we're doing it like this, is because Tommy's chili doesn't have big chunks of meat, unlike regular chili. It's almost like a malleable chili paste, where the meat is very finely ground, due to the tremendously high amount of fat in their mixture. The best way I've found to accomplish that with 99% fat free ground turkey, is with this "whisk it together with A LOT of added wet stuff" method.
- **CHILI COMPROMISE:** You can use MY chili con carne recipe if you want, from pg. 167, or use any canned chili you want.
- **THE POSITIVE:** Regular Tommy's chili is insanely thick and greasy, can be used to fill holes in drywall, and runs through the human body like water from a well in Tijuana. I'm happy to report that this healthier, lower fat version, does none of the above.
- **SINGLE BURGER POINTS:** The listed "2" points for the filling of 1 cheeseburger, isn't accurate. In reality, it's supposed to be 1 point. Due to adding all the points for all 4 slices of cheese together, for all 4 burgers, it lists the first burger's filling as being 1 point. When in reality... it's only 1 single point. 1 point for the 1 single slice of cheese.
- **MASECA:** Maseca, or Ma Se Ca "instant corn masa" mix, is a finely ground corn flour... NOT CORN MEAL, that can be found in the mexican food aisle of your grocery store. It is used to make tamale dough (masa) or tortillas. It acts as a thickener in this recipe, as well as imparting an earthy flavor. If you can't find it at your local stores, you can use regular corn flour (not cornmeal). If you can't find either... then you can skip it. Don't stress out if you can't find it. If you DO use it, you could teeeeeechnically call this a Latin burger and make it for Taco Tuesday. 🇲🇽

