

High Protein Burger Bowls

Prep Time
10 minutes

Cook Time
20 minutes

Makes
4 servings



Ingredients

For the Burger Meat

- 1 lb ground beef
- ½ tsp onion powder
- ¼ tsp dried oregano
- ½ tsp garlic powder
- ½ tsp paprika
- 1 tsp salt
- ¼ tsp black pepper

For the Salad

- Romaine lettuce
- Tomatoes
- Pickles
- Red onion

For the Special Sauce

- ¼ cup mayo
- 1 tbsp ketchup
- 1 tsp yellow mustard
- 1 tbsp pickle juice
- 1 tbsp dill relish
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp paprika

Directions

1. Heat a skillet over medium-high heat. Add ground beef and spices. Brown until fully cooked, breaking up the meat as it cooks.
2. While the meat is cooking, prepare and cut your onion, pickles, and tomatoes.
3. Make the “special sauce” by whisking together the mayo, ketchup, mustard, pickle juice, relish, and spices in a small bowl.
4. Once your meat, sauce, and veggies are prepared, you can now create your burger bowl! Start with a bed of romaine lettuce, then layer on tomatoes, onions, pickles, and the seasoned beef. Drizzle with special sauce and enjoy!