BURGER BOWLS WITH A SPECIAL SAUCE



INGREDIENTS:

For the Burger Meat

- 1-pound organic lean ground beef
- ½ teaspoon onion powder
- ¼ teaspoon dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- 1 teaspoon salt
- 1/4 teaspoon black pepper

For the Salad

- Romaine lettuce (or your favorite lettuce)
- Tomatoes
- Pickles
- Red onion

Special Sauce

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

NUTRITION PER SERVING:

Calories 334, Protein 28g, Fat 14g, Sat fat 3g, Chol 74mg, Carbs 26g, Fiber 4g, Sugar 16g, Sodium 818mg

DIRECTIONS:

- Heat a skillet over medium high heat. Add the ground beef and spices. Brown the beef, breaking it up as it cooks, until it is fully cooked through.
- While the beef is browning, make the special sauce. Add all of the ingredients to a small bowl and whisk together until well combined.
- Assemble your burger bowls. Start with romaine lettuce then add the toppings and cooked ground beef. Drizzle the special sauce over everything and then enjoy!

Makes 4 servings.

Reference: https://AllTheHealthyThings.com