

Burger Bowl

12 ingredients · 15 minutes · 4 servings



Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
3. Divide the lettuce, tomatoes, pickle, egg, and onion between bowls and top with cooked beef. Top with mustard/ketchup and cheese Enjoy!
4. Add any other burger topping you enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

More Flavor

Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

Additional Toppings

Top bowls with your favorite burger toppings like chopped pickles, sauerkraut, ketchup, relish, shredded cheese or avocado.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Italian Seasoning
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 heads Romaine Hearts (chopped)
- 1 cup Cherry Tomatoes (chopped)
- 1/2 cup Pickle
- 4 Hard Boiled Egg
- 2 tsps Dijon Mustard
- 2 tsps Ketchup