

Cheeseburger Salad Bowl

4 servings

15 mins prep | 25 minutes total time

Per serving:
583 calories
14 g carbs
3 g fiber
32.4 g fat
45 g protein

Ingredients

Salad

- 1 1/2 ground beef, 95% lean
- 1 Tbs olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 4 cups romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- 1 cup shredded cheddar cheese
- 1/2 cup red onion, thinly sliced
- 1/2 cup dill pickles, chopped

Dressing

- 1/4 cup ketchup
- 1/4 cup mustard
- 1/4 cup mayonnaise (avocado mayonnaise)
- 1 Tbs pickle juice
- 1 tsp worcestershire sauce

Directions

Prep

1. Prepare ingredients according to directions.

Make

1. Cook the Beef: - Heat the olive oil in a large skillet over medium-high heat. - Add the ground beef, salt, pepper, garlic powder, and onion powder. - Cook, breaking the beef apart with a spatula, until it is fully browned and cooked through, about 7-10 minutes. Remove from heat and set aside.
2. Assemble the Salad: - Add chopped romaine lettuce to a large bowl and top with cherry tomatoes, shredded cheddar cheese, red onion, and dill pickles. - Add the cooked ground beef.
3. Serve: - Drizzle the dressing over the salad. - Toss lightly to combine and serve immediately.



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