



BURGER BOWLS

Recipe adapted from 40 Aprons

INGREDIENTS

- 1 pound of ground beef
- 4 tsp garlic powder
- 4 tsp of onion powder
- 1 tsp salt
- 2 small heads lettuce
- Thousand Island dressing
- Optional burger toppings
 - 8 slices of bacon
 - 2 avocados
 - 1 1/2 cups of cherry or grape tomatoes
 - hamburger dill pickles

DIRECTIONS

1. In a medium bowl, mix together beef, garlic powder, onion powder, and salt. Over medium heat, crumble and cook the ground beef mixture until brown.
2. Assemble burger bowls. Start with layers of lettuce in your serving bowls. Then spoon in 1/4 of the ground beef mixture. Add desired toppings - tomatoes, pickles, avocados, and bacon.
3. Drizzle with Thousand Island Dressing and serve.