

MOT more of this
—————
LOT less of that

Burger Bowls

Elevate your burger to bowl status and while you are at it, increase the nutritional value!

Serves: 4

Total time: <1 hour

Ingredients

- 4 grass fed burgers
- 4 yukon gold potatoes, cubed
- 1 large sweet potato, cubed
- 4 Tablespoons Extra virgin olive oil
- 4 strips bacon (Wellshire Farms makes a nitrate free bacon)
- 1 head of butter lettuce
- 1 tomato, sliced
- 1 avocado, sliced
- 1 cucumber, sliced
- Pickle chips or spears
- Salt, pepper to taste
- Fresh slaw (Mann's Superfood is a great choice, available in produce section)
- Ketchup/mustard/mayo as desired
- *Primal kitchen ketchup has no sugar added. Sir Kensington's Mayo has no artificial ingredients)

Directions

1. Preheat oven to 400 degrees F.
2. Cover baking sheet with parchment.
3. Toss potatoes with olive oil, salt and pepper. Add to baking pan and roast for 20-25 minutes till desired doneness.
4. Cook hamburgers on grill or in cast iron skillet.
5. Build the bowl:
 - a. Butter lettuce on bottom
 - b. Hamburger next
 - c. Layer tomato, red onion, avocado, and bacon on top
 - d. Nestle in a scoop of potatoes around the burger
 - e. Add the pickles

Recipe inspired by Juli #paleomg

Mary-Beth says: *"Customize these bowls with toppings and sides as desired. You will not miss the bun!"*