

Loaded Burger Bowls with "Special Sauce" (Whole30, Paleo, Low Carb)

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Ingredients

For the Burgers:

- 1 pound ground beef any %
- 4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 teaspoon avocado or refined coconut oil

For the Bowls:

- 2 small heads romaine sliced, root discarded
- 1 1/2 cups cherry or grape tomatoes halved
- 1/2 cup pickles plus more to taste
- 1 cup red onion thinly sliced
- 8-10 slices bacon cooked 'til crisp and roughly crumbled
- 2 avocados peeled and pitted
- 1/2 tablespoon lemon juice
- 1/2 teaspoon salt

For the Special Sauce:

- 1/2 cup mayonnaise
- 2 tablespoons ketchup
- 1 tablespoon coconut aminos use if on Whole30, see Notes for details
- 2 teaspoon maple syrup use if not on Whole30, see Notes for details
- 1 tablespoon dill pickle relish
- 2 teaspoons dried minced onion
- Pinch crushed red pepper
- pinch salt

Steps

1. In a medium bowl, mix together beef, garlic powder, and salt. Heat avocado or coconut oil in a large skillet, preferably cast iron, over medium heat, then add beef and brown, crumbling with a spatula or spoon.
2. Meanwhile, prepare remaining elements for the burger bowls.
3. Make quick guacamole: In a medium bowl, mash together avocado, lemon juice, and 1/2 teaspoon salt.
4. Make the special sauce: whisk together all special sauce ingredients, using coconut aminos only if you're on a Whole30 and skipping the maple syrup. If you're NOT on a Whole30, skip the coconut aminos and use the maple syrup only. Set aside.
5. When beef is browned and crumbled, remove from skillet and return skillet to medium heat. Add red onions in a single layer and cook until lightly charred on the bottom, then flip. Cook until lightly charred on the second side then remove and repeat until all onions are lightly cooked.
6. Assemble: start with a layer of romaine in your serving bowls, then spoon 1/4 of the ground beef mixture into the center. Arrange remaining items around the beef: tomatoes, pickles, red onion, bacon, and quick guacamole. Drizzle with plenty of special sauce and serve.

Notes

- You can swap the lime juice for the lemon juice, if you prefer. I wanted to keep the taste more neutral, but a Tex-Mex flair would be delicious!
- Don't skimp on the bacon in this recipe! The nicest, thickest cut you can find, the better.
- If you're on a Whole30, don't use the maple syrup in the special sauce, only the coconut aminos. If you're not on a Whole30, skip the coconut aminos and go for the maple syrup.

