

BIG MAC BOWL

All the flavors of a classic burger, no bun, topped with homemade special sauce



INSTRUCTIONS

1. Saute the onion

- 1 tbsp beef tallow
- 1 regular yellow or white onion, diced

Heat the tallow in a large skillet over medium heat. Add the onion and cook until softened, about 5 minutes.

2. Cook the beef

- 1 lb ground beef
- 2 garlic cloves, minced
- 1/2 tsp salt
- Black pepper, to taste

Add the ground beef, garlic, and salt to the skillet with the onion. Cook over medium heat, breaking the beef apart and turning often, until browned and cooked through. Season with pepper. Optionally, drain off some of the rendered fat.

3. Make the Big Mac sauce

- 1/3 cup homemade mayo
- 2 tbsp low sugar ketchup
- 2 tbsp dill relish
- 1 tbsp dried onion flakes
- Salt and pepper, to taste

Stir or whisk all the sauce ingredients together in a small bowl.

4. Prep the toppings

- 1 head leafy green or romaine lettuce, chopped
- 1 cup shredded cheddar cheese
- 1/2 cup crumbled bacon
- 1/2 cup dill pickles, sliced
- 1/2 cup diced tomatoes (optional)
- 1 avocado, peeled, pitted, and chopped (optional)
- 1 tbsp sesame seeds

5. Build the bowls

Divide the lettuce among four large bowls. Top with the beef and onion mixture, cheddar cheese, crumbled bacon, dill pickles, tomatoes, and avocado. Sprinkle with sesame seeds and drizzle with the Big Mac sauce.

NUTRITION (per serving, makes about 4 servings)

- Calories: 530
- Total Fat: 38g
- Total Carbs: 13g
- Fiber: 5g
- Net Carbs: 8g
- Protein: 36g

STORAGE

Store components separately in airtight containers. The cooked beef keeps in the fridge for up to 5 days or the freezer for up to 3 months. The sauce keeps for a few weeks in the fridge. Veggies are best used within a few days, and avocado should be added fresh right before eating.