perfect cheeseburger salad



cook time:	prep time:	featured product:
15	**15**	**romaine heart leaves**

switch up your salad routine with this epic burger salad. it is hearty and feels decadent, all while being cleaner by losing the bun. feel free to be creative with your toppings and make eating salads more fun!

ingredients

1 box **organicgirl© romaine heart leaves** , chopped
1 lb organic ground beef, lean
16 oz cherry tomatoes, halved
½ red onion, thinly sliced
1 cup pickle spears, rough chop
1 cup shredded cheddar cheese
1 tsp avocado oil
salt and pepper

special sauce ingredients:

½ cup mayonnaise
¼ cup ketchup
¼ cup relish
1 tbsp hot sauce

directions

1. heat a heavy bottomed skillet over medium heat. add avocado oil. when oil is shiny, add the ground beef, season with salt and pepper. sauté until meat is crumbled and browned, about 8 minutes. drain off any excess oil or drain on paper towel if very oily.
2. combine special sauce ingredients and reserve.
3. layer ingredients, one at a time, using the lettuce as a base in large serving bowl or layer into 4 mason jars

nutrition

of servings: 4

calories: with sauce 585, without sauce 381
fat: with sauce 41, without sauce 21
cholesterol: _with sauce 115, without sauce 103
sodium: with sauce 1130, without sauce 578
total carbohydrate: with sauce24, without sauce 14
total sugars: with sauce 14, without sauce 6
protein: 30