



Cheeseburger Salad Jar for Summer

2 servings

15 minutes

Ingredients

8 ozs Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1 tsp Vegan Mayonnaise
1 tbsp Sugar Free Ketchup
1 tsp Apple Cider Vinegar
1/4 Yellow Onion (diced)
1/3 cup Pickle (diced)
1/2 Tomato (chopped, seeds removed)
2 ozs Cheddar Cheese (shredded)
6 leaves Romaine (large, chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 361 |
| Fat | 23g |
| Saturated | 10g |
| Trans | 1g |
| Polyunsaturated | 1g |
| Carbs | 8g |
| Fiber | 3g |
| Sugar | 3g |
| Protein | 31g |
| Cholesterol | 102mg |
| Sodium | 661mg |
| Potassium | 678mg |
| Vitamin A | 8149IU |
| Vitamin C | 8mg |
| Calcium | 249mg |
| Iron | 4mg |
| Vitamin D | 10IU |
| Vitamin E | 1mg |
| Vitamin K | 100µg |

Directions

- 1 Heat a pan over medium heat. Once hot, add the beef. Break it up as it cooks. Cook until all the beef is browned. Season with salt and pepper and drain any excess liquid. Set aside.
- 2 In a small bowl, whisk together the mayonnaise, ketchup, and vinegar and season with salt and pepper.
- 3 Pour the dressing into a mason jar and top with beef, onion, pickle, tomato, cheese, and romaine. Seal the lid and place in the fridge until ready to eat.
- 4 When ready to eat, pour into a large bowl and mix well. Enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to two days.

Serving Size: One serving is one mason jar (500 mL).

Dairy-Free: Use a dairy-free cheese.

More Flavor: Add garlic powder and/or onion flakes to the dressing.

Make it Vegan: Use a vegan meat alternative, vegan cheese, and vegan mayonnaise.