

Burger Bowl

Serving Size: 1 and 1/2c | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 1 lb. lean ground beef (90% lean)
- 4 medium potatoes, diced
- 2 cups shredded lettuce or cabbage
- 1 cup diced tomatoes (fresh or canned, drained)
- 1 tbsp oil
- 1 tsp garlic powder
- Black pepper
- Salt (optional)

DIRECTIONS

- Preheat oven to 425°F.
- Place diced potatoes on a sheet pan. Drizzle with oil and sprinkle with garlic powder and pepper.
- Bake potatoes for 20–25 minutes, stirring halfway, until tender.
- While potatoes cook, heat a skillet over medium heat.
- Cook ground beef until browned, about 6–8 minutes. Drain excess fat if needed.
- Divide lettuce into bowls. Top with potatoes and ground beef.
- Add diced tomatoes on top and serve.



Calories per serving: 440 kcal | 20 g total fat | 35 g total carbohydrates | 26 g protein