



BBQ Bacon Burger Bowl



Entire recipe: 279 calories, 8g total fat (3g sat. fat), 583mg sodium, 23.5g carbs, 4g fiber, 14.5g sugars, 29g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

3 cups shredded lettuce
1 slice center-cut bacon or turkey bacon
4 oz. raw extra-lean ground beef (4% fat or less)
1/3 cup chopped onion
2 tbsp. BBQ sauce with 45 calories or less per 2 tbsp. serving
1/3 cup chopped tomato
Seasonings: garlic powder, onion powder
Optional toppings: hamburger dill pickle chips, ketchup, yellow mustard

Directions

Place lettuce in a large bowl.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and 1/4 tsp. each garlic powder and onion powder. Cook and crumble for about 5 minutes, until beef is fully cooked and onion has softened.

Remove skillet from heat. Stir in 1 tbsp. BBQ sauce.

Add beef mixture to the large bowl. Drizzle with remaining 1 tbsp. BBQ sauce, and top with tomato.

Chop or crumble bacon, and sprinkle over the bowl.

MAKES 1 SERVING

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