



# Burger Casserole



prep time  
10 minutes



total time  
30 minutes



servings  
6

## Ingredients

### Potatoes

- 1 tbsp olive oil ~ 1 fat serving
- 2 lbs/900 grams russet potatoes peeled and diced small ~ 8.5 carb servings
- ½ white onion diced ~ 1 veggie serving
- 2 cloves minced garlic
- ¼ cup chicken broth
- ½ tsp paprika

### Burger Meat

- 2 lbs/900 grams lean ground beef ~ 25 protein servings
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1.5 tsp salt
- ½ tsp pepper

### Burger Sauce

- ½ cup plain non-fat Greek yogurt ~ 1.5 protein servings
- 2 tsp yellow mustard
- 2 tsp pickle relish
- 2 tsp ketchup
- 1 tsp coconut aminos
- ½ tsp salt
- ½ tsp paprika

### Other Ingredients

- 1 cup shredded cheddar cheese ~ 4 protein servings, 2.5 fat servings
- 1 cup cherry tomatoes halved ~ 1 veggie serving
- 1.5 cups shredded lettuce ~ 1 veggie serving
- ½ cup dill pickle chips ~ 1 veggie serving
- ½ cup diced white onion ~ 1 veggie serving

# simple dinner

## Instructions

- 1 Preheat oven to 375.
- 2 Add oil to a large skillet and heat over medium high. Add onions & garlic and stir for 2-3 mins. Add diced potatoes and spices. Add chicken broth. Cook for 10-15 mins, stirring often, until browned and softened. Alternatively, you could also roast your potatoes in the oven or throw them in the Air Fryer and omit the chicken broth.
- 3 While cooking potatoes, cook the ground beef & spices until cooked through.
- 4 Once both are cooked, add potatoes to the bottom of a 9x13 casserole dish. Add meat on top of the potatoes, then the cheese on top and bake for 15 mins.
- 5 While it's baking, make your burger sauce by combining all ingredients together.



- 6 Top the casserole with lettuce, tomatoes, pickles, and chopped onion and a drizzle of burger sauce!

Whole Recipe Breakdown:  
30.5 Servings Protein  
8.5 Servings Carb  
3.5 Servings Fat  
5 Servings Veggies

