

Hamburger Salad

Serves: 1-2

Ingredients:

- 2 Romaine Lettuce stalks, cleaned & chopped
- 8 ounces Cherry Tomatoes, halved
- 1 small Onion, diced
- 1 cup Dill Pickles, diced
- 6 ounces 100% grass-fed Ground Beef
- 1 Tablespoon Mayonnaise
- 1 Tablespoon Mustard

Equipment Needed:

- Sauté pan
- Spoon
- Small bowl
- Large bowl

Directions:

In a small bowl combine mayonnaise and mustard. Stir until well combined and set aside.

Brown beef in a sauté pan over medium high heat. Drain the liquid fat from the pan and set aside.

Add all ingredients into a large bowl and toss ingredients until well coated in the mustard/mayo sauce.
Enjoy!

NOTES: If you prefer, you can substitute the mustard/mayo sauce with ketchup and mustard.



A Pound of Cure
Dr. Matthew Weiner