



Low FODMAP Burger Bowls

Serves 2

Total Time: 1 Hour

For burgers:

- 1-pound Grass-fed ground beef
- 1 tsp salt
- 1 tsp smoked paprika
- 1 tsp black pepper
- 1 tbsp apple cider vinegar
- Sharp cheddar cheese (aged at least 6 months)

Toppings in the bowl:

- Pickles pickled in vinegar (not fermented) and without garlic/ onion
- 1 cup arugula
- 1 avocado
- 1 small tomato

Burger Sauce:

- ½ cup avocado mayo
- 1 tsp Dijon mustard
- 1 tsp smoked paprika
- Juice from half a lemon
- ½ tsp salt
- 1 tsp apple cider vinegar

- In a bowl, mix the ground beef with, 1tsp salt, 1 tsp smoked paprika, 1 tsp black pepper, and 1 tbsp apple cider vinegar.
- Form the burgers into patties, and grill or cook in a pan on the stove. Cook on one side for around 5 min and flip over the burger patty. Cut a slice of cheese to melt on top while the other side cooks.
- Cook the beef to 145 degrees Fahrenheit to 165 degrees Fahrenheit.
- Depending on how you like your burgers done.
- While the burgers are cooking, slice up the tomato, pickles, and avocado.
- In a small bowl, mix, ½ cup avocado mayo, 1 tsp Dijon mustard, 1 tsp smoked paprika, Juice from half a lemon, ½ tsp salt, 1 tsp apple cider vinegar. Mix until combined well. Taste and adjust based on what is needed.
- Assemble the bowls by placing a handful of arugula at the base of the bowl, placing your desired toppings, placing the burger on top of the lettuce, and then topping with the dressing.