

Big Mac in a Bowl



TOTAL TIME

15 mins



COURSE

Dinner, Gluten Free, Lunch, Vegetables



SERVINGS

1 serving

CALORIES

277 kcal

INGREDIENTS

- ½ c Boca crumbles (Trader Joes Crumbles for GF)
- ½ small onion chopped
- salt & pepper to taste
- 3 c shredded lettuce or coleslaw
- 3 dill pickle chips chopped
- 2 Tbsp shredded vegan cheese optional
- ½ large tomato chopped

For the special sauce...

- 1 Tbsp vegan mayo
- 1 Tbsp ketchup
- 1 tsp mustard
- 1 Tbsp relish
- ½ tsp onion powder
- salt & pepper to taste

INSTRUCTIONS

1. Add the crumbles to a pan over medium heat.
2. When thawed, add onion, salt, and pepper. Cook for about 5 minutes, stirring frequently until the onions are starting to turn translucent.
3. While it is cooking, mix all of the sauce ingredients together in a small bowl. Taste and adjust seasonings. Set aside.
4. Place the shredded lettuce or coleslaw in a serving bowl.
5. Add the cooked crumble mixture, along with the pickles, vegan cheese, and tomato.
6. Toss together, and add the sauce.

NUTRITION

Nutrition Facts

Big Mac in a Bowl

Amount Per Serving	
Calories 277	Calories from Fat 113
% Daily Value*	
Fat 12.5g	19%
Carbohydrates 30g	10%
Protein 13g	26%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!