

# Big Mac in a Bowl



TOTAL TIME

15 mins



COURSE

Dinner, Lunch



SERVINGS

1 serving

CALORIES

277 kcal

## INGREDIENTS

- $\frac{1}{2}$  c Boca crumbles
- $\frac{1}{2}$  small onion chopped
- salt & pepper to taste
- 3 c shredded lettuce or coleslaw
- 3 dill pickle chips chopped
- 2 Tbsp shredded vegan cheese optional
- $\frac{1}{2}$  large tomato chopped

### For the special sauce...

- 1 Tbsp vegan mayo
- 1 Tbsp ketchup
- 1 tsp mustard
- 1 Tbsp relish
- $\frac{1}{2}$  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

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### Nutrition Facts

Big Mac in a Bowl

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

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



Tried this recipe?

Let us know how it was!