

Paleo Bacon Burger Salad Bowl: Your New Favorite Healthy Dinner

Craving a juicy burger and crispy bacon but sticking to your paleo goals? Look no further! This



TIME

10-15 min

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Recipe Card

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SOURCE

ChefManiac

INGREDIENTS

1 lb ground beef (grass-fed for optimal paleo compliance)

6 slices of bacon, cooked until crispy and crumbled

4 cups of mixed greens (romaine, spring mix, or spinach work well)

1 large avocado, sliced

1/2 small red onion, thinly sliced

1 large tomato, diced

For the Paleo Dressing: 1/4 cup paleo mayonnaise (store-bought or homemade)

1 tablespoon Dijon mustard

1 teaspoon garlic powder

Salt and black pepper to taste

Swaps and Notes:

Ground Beef: While ground beef is classic, you could use ground turkey or bison for a different lean protein option.

Bacon: Ensure the bacon is sugar-free if strictly adhering to paleo principles. Cook until very crispy for the best texture contrast.

Mixed Greens: Use your favorite blend of leafy greens. Crisp romaine or a peppery arugula would be great choices.

Avocado: Choose a ripe but firm avocado. Freshly sliced avocado adds essential creaminess.

Red Onion: For a milder onion flavor, soak the sliced red onion in cold water for 10-15 minutes, then drain before adding to the salad.

Tomato: Any ripe tomato works. Cherry tomatoes, halved, also make a great addition.

Paleo Mayonnaise: This is a key ingredient for the dressing. You can find excellent store-bought paleo mayo brands, or easily make your own with avocado oil, egg yolk, and vinegar.

Optional Add-ins: Feel free to customize with other paleo-friendly toppings like sliced cucumbers, bell peppers, or even roasted sweet potato cubes (if you include compliant starches).

Instructions:

Cook Ground Beef: In a large skillet over medium heat, cook the ground beef, breaking it up into small pieces with a spoon, until it's completely browned and cooked through. Drain off any excess fat. Season the cooked beef with salt and black pepper to taste.

Prepare Paleo Dressing: While the beef is cooking, in a small bowl, whisk together the paleo mayonnaise, Dijon mustard, garlic powder, salt, and black pepper until completely smooth and well combined. Taste and adjust seasoning if needed.

Dress the Greens: In a large mixing bowl, add the mixed greens. Pour about half of the prepared paleo dressing over the greens. Toss gently until the greens are well coated. Add more dressing if desired, but be mindful not to overdress.

Assemble Salad Bowls: Divide the dressed greens evenly among serving bowls.

Load with Toppings: Generously top each bowl of greens with the warm cooked ground beef, the crispy crumbled bacon, the creamy sliced avocado, the thinly sliced red onion, and the diced tomato.

Serve Immediately: Serve the Paleo Bacon Burger Salad Bowls immediately while the beef and bacon are still warm, and enjoy your delicious and healthy meal!

Tips for Success:

Crispy Bacon: The texture of crispy bacon is crucial for this salad. Don't let it be chewy!

Don't Overdress Greens: Add the dressing gradually to the greens, tossing as you go, until they are just coated. You can always add more, but you can't take it away.

Warm Beef: Serving the beef warm contrasts beautifully with the cool greens and fresh toppings.

Ripe Avocado: Choose an avocado that is ripe but still firm enough to slice easily.

Customize: This recipe is highly adaptable. Feel free to add other paleo-friendly veggies or even a sprinkle of nutritional yeast for a "cheesy" flavor (if tolerated on your paleo journey).

Serving Suggestions and Pairings:

Simple Sides: It doesn't really need a side, but if you want something extra, a bowl of homemade sweet potato fries (oven-baked) would be a delicious (though more carb-heavy) complement.

Healthy Meal Ideas: If you enjoy healthy, hearty meals, you might also like A Light Tangy Chicken Salad I Actually Crave and There's No Mayo in Sight for another delicious, light main course.

DIRECTIONS

1. **Cook : Ground Beef:** In a large skillet over medium heat, cook the ground beef, breaking it up into small pieces with a spoon, until it's completely browned and cooked through. Drain off any excess fat. Season the cooked beef with salt and black pepper to taste.
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4. **Assemble : Salad Bowls:** Divide the dressed greens evenly among serving bowls.
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9. Warm : Beef: Serving the beef warm contrasts beautifully with the cool greens and fresh toppings.
10. Ripe : Avocado: Choose an avocado that is ripe but still firm enough to slice easily.
11. Customize: This recipe is highly adaptable. Feel free to add other paleo-friendly veggies or even a sprinkle of nutritional yeast for a "cheesy" flavor (if tolerated on your paleo journey).
12. Serving Suggestions and Pairings: This Paleo Bacon Burger Salad Bowl is a complete and satisfying meal on its own.
13. Simple : Sides: It doesn't really need a side, but if you want something extra, a bowl of homemade sweet potato fries (oven-baked) would be a delicious (though more carb-heavy) complement.
14. Healthy : Meal Ideas: If you enjoy healthy, hearty meals, you might also like A Light Tangy Chicken Salad I Actually Crave and There's No Mayo in Sight for another delicious, light main course.
15. Other : One-Pan Wonders: For more easy and flavorful main dishes, check out This Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor or This Mexican Chicken and Rice Casserole is My Favorite One-Pan Dinner That's Always a Hit.
16. Storage and Leftover Tips: This salad is best assembled and eaten fresh. If you anticipate leftovers or want to meal prep, store the cooked ground beef, crumbled bacon, prepared dressing, and chopped vegetables in separate airtight containers in the refrigerator. Assemble the bowls just before serving to keep the greens crisp and the avocado from browning. The cooked beef and bacon will last 3-4 days in the fridge.
17. More Recipes You Will Love: If you loved the healthy, flavorful, and satisfying nature of this burger salad, you'll definitely want to try these other fantastic and easy-to-make recipes:
18. A Light : Tangy Chicken Salad I Actually Crave and There's No Mayo in Sight
19. This : One-Pan Breakfast Bake Will Make You Skip
20. These : Easy Turkey Wings are My Favorite Comfort Food for Lazy Sundays
21. Final Thoughts: The Paleo Bacon Burger Salad Bowl is a brilliant example of how you can enjoy all the robust flavors of a classic comfort food while staying true to your healthy eating goals. It's fresh, flavorful, and incredibly satisfying, proving that nutritious meals can be truly exciting. Give it a try, and make healthy eating delicious!
22. What are your favorite paleo-friendly twists on classic dishes? Share your ideas in the comments below, and don't forget to follow Chef Maniac for more incredible and innovative recipes!

SWAPS & NOTES

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Mixed Greens: Use your favorite blend of leafy greens.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/paleo-bacon-burger-salad-bowl-your-new-favorite-healthy-dinner/>