

Loaded Burger Bowls with Crispy Oven Fries (Meal Prep Friendly!)

Easy High-Protein Burger Bowls (Budget-Friendly & Weeknight Approved!)



OVEN
425°F

TIME
20 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Baked French Fries:

2 russet potatoes

2 tablespoons olive oil

Fry seasoning (or salt & pepper)

For the Burger:

1 lb ground beef

Steak seasoning (or salt & pepper)

1 cup shredded cheese of choice

Special Sauce:

1/4 cup mayo

2 tablespoons ketchup

2 teaspoons yellow mustard

1 tablespoon relish (optional)

For Assembling:

Chopped lettuce

Pickles

Onions

Tomatoes

Jalapeños

Avocado

DIRECTIONS

1. Prep and Bake the Fries: Preheat your oven to 425°F.
2. Wash the potatoes and remove some of the skin if desired. Cut into 1/4-inch slices to create a fry shape.
3. Pro : Tip: For extra crispy fries, soak the cut potatoes in a bowl of ice water with plenty of salt while you prep the other ingredients. This removes excess starch and helps them crisp up beautifully.
4. Drain and dry thoroughly with paper towels.
5. Spread on a sheet pan, toss with olive oil and seasoning, and bake for 20 minutes. Gently flip or toss, then bake another 20 minutes or until golden and crispy.
6. Cook the Cheesy Beef: In a heated skillet, add ground beef and cook until browned, breaking it into small crumbles.
7. Drain excess grease if needed. Add steak seasoning (or salt & pepper) and stir to combine.
8. Sprinkle shredded cheese over the top, cover with a lid, and turn off the heat. Let the residual heat melt the cheese into the beef.
9. Make the Special Sauce: In a small bowl, combine:
10. Mayo
11. Ketchup
12. Mustard
13. Relish (optional)
14. Stir until smooth and creamy. Taste and adjust if needed - more mustard for tang, more ketchup for sweetness.
15. Assemble the Bowls: Start with a base of chopped

lettuce.

16. Layer with:
17. Crispy fries
18. Cheesy ground beef
19. Your favorite toppings
20. Drizzle of special sauce
21. Serve immediately and enjoy!

SWAPS & NOTES

Frozen fries shortcut: Short on time?

Swap in frozen fries and bake according to package

instructions.

Lean protein option: Use 90/10 ground beef or substitute ground turkey.

Cheese choices: Cheddar, Colby Jack, pepper jack, or even American melt beautifully.

TIPS FOR SUCCESS

Dry the potatoes well before baking - moisture is the enemy of crispy fries.

Use freshly shredded cheese for the best melt.

Let everyone build their own bowl for easy, stress-free dinner.

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

Original recipe: <https://chefmaniac.com/loaded-burger-bowls-with-crispy-oven-fries-meal-prep-friendly/>