



# HOPE30 KITCHEN

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## *Hope30 Burger Salad*

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### Ingredients:

- 1 pound ground beef
- 1 onion sliced
- 1 tomato sliced
- 1 whole dill pickle chopped
- Romaine lettuce hearts
- Drizzle of yellow mustard
- Drizzle of red wine vinegar
- Shake of pink salt, black pepper and oregano

### Cooking Directions:

- In a non-stick pan or on the grill, cook your burgers.
- Layer all of the ingredients upon the salad base, and enjoy!

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• This is truly the easiest and tastiest Hope30 meal.  
And you can order it at most any restaurant! I  
sometimes grill the onions!!!! (as a twist)

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