

BANZAI BURGER BOWLS

Gluten Free • Dairy Free • Delicious

The flavors of this burger bowl take me back to high school when Banzai Burgers were a Red Robin favorite. My updated dish is the perfect way to satisfy my craving for them in a grain free, top 9 allergen free way.

Ingredients

- 1.25 pounds ground beef
- 2 Tablespoons refined coconut oil
- 1/2 teaspoon baking soda
- 1/2 cup coconut aminos
- 1/2 cup white vinegar
- 4 green onions, sliced (green parts reserved for topping)
- 1/4 cup red onions, diced
- 1 Tablespoon minced garlic
- 1/2 teaspoon ground ginger
- 1 cup pineapple cubes (cut to 1/2")
- Rice of choice, for serving

Notes

1. Serve over your favorite rice. My kids like basmati best, but I prefer cauliflower rice.
2. I like using refined coconut oil in this recipe, but any neutral tasting oil will work. Try canola or grapeseed!
3. If you prefer thicker sauce: make a slurry with equal parts cold water and starch. To stay grain free, I use potato starch (it's my favorite thickener!), but you can use cornstarch or arrowroot if you prefer.

Method

1. Add 1 Tablespoon neutral oil to a large saute pan set over medium high heat. Crumble beef into the hot oil, then sprinkle it with 1/2 teaspoon baking soda to boost browning. Next, add 1/2 teaspoon sea salt and cook the beef until it starts to turn golden and is no longer pink.
2. Meanwhile, stir together the coconut aminos and the white vinegar. Set aside.
3. Remove meat from the pan drain off excess fat.
4. Turn down the heat to medium. Add 1 more Tablespoon of neutral oil, the white parts of green onions, red onions, and ginger. Saute for 1-2 minute more.
5. Add the garlic; saute for another minute or until you start to smell the garlic.
6. Add the drained beef back into the pan, then pour the sauce over the top. Mix well, then let it come to a simmer.
7. [Optional] For thicker sauce, whisk together 1 Tablespoon cold water with 1 Tablespoon starch (potato, corn or arrowroot). Pour the slurry over the sauce and whisk until well combined. Continue to cook over medium heat until the sauce thickens.
8. Fold in the pineapple chunks and cook until just warmed through. Sprinkle the green parts of the green onions over the top. Serve over your favorite rice.

