

GREEK GYRO BOWL

INGREDIENTS

ITEM	QUANTITY
Lean Ground Beef	1 Lb
Dried Oregano	1 Tsp.
Smoked Paprika	1 Tsp.
Ground Cumin	½ Tsp.
Dried Thyme	½ Tsp.
Salt	½ Tsp.
Black Pepper	¼ Tsp.
Garlic-Infused Olive Oil	1 Tbsp.
Cooked White Rice	2 Cups
Chopped Romaine Lettuce	2 Cups
Cucumber, diced	1 Cup
Firm Cherry Tomatoes, halved	1 Cup
Feta Cheese, crumbled	½ Cup
Fresh Parsley, chopped	2 Tbsp.
Lactose-Free Greek Yogurt	½ Cup
Finely Grated Cucumber, squeezed dry	¼ Cup
Fresh Lemon Juice	1 Tbsp.
Fresh Dill, chopped	1 Tbsp.
Olive Oil	1 Tsp.
Salt and Black Pepper, to taste	

SERVING SIZE **1 BOWL**

PREPARATION

- Combine beef with oregano, paprika, cumin, thyme, salt, and pepper.
- Heat garlic-infused olive oil in a skillet over medium-high heat.
- Add beef and cook for 6-8 minutes, breaking it apart as it cooks.
- Whisk together the tzatziki ingredients.
- Divide rice between four bowls.
- Add lettuce, cucumber, tomatoes, feta, parsley, and cooked beef.
- Top with tzatziki and serve.

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