



EGG ROLL BOWL

prep time: 10 min cook time: 20 min
serves 6

METHOD

INGREDIENTS

- 1 1/2 lbs ground beef
- 1 large onion finely diced
- 16 oz coleslaw mix
- 1/2 c carrots peeled and shredded
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp red pepper flakes
- 1 1/2 tsp ground ginger
- 1 Tbsp minced garlic
- 1/2 to 3/4 c soy sauce or coconut aminos
- 2 Tbsp sesame oil
- 1 Tbsp vegetable oil

Cook ground beef in a large deep sided skillet over medium heat until no longer pink. Be careful not to break the ground beef into small pieces.

Drain grease and return to the stovetop. Add the onions and minced garlic, cook until the meat is browned. Add 2 T sesame oil, carrots, and coleslaw mix to the skillet. Use tongs to combine. Let cook for about 5 minutes.

In a separate bowl, combine the onion powder, garlic powder, red pepper flake, ginger, soy sauce and vegetable oil. Pour sauce over meat and cabbage mixture.

Reduce heat and continue cooking for about 5 minutes.

Garnish with green onion and sesame seeds(optional)

NOTE: substitute ground turkey or add scrambled egg if wanted.
If adding scrambled egg, create well in center of skillet before reducing heat, add egg and scramble into mixture