

# Egg Roll in a Bowl



Yields: 6 servings



Cook Time: 15 minutes

## Ingredients

- 1 lb of ground beef or turkey
- 1 tsp minced garlic
- 1 tsp minced ginger
- 4.5 C shredded cabbage or coleslaw mix
- 3 Tbsp low-sodium soy sauce (or liquid aminos for gluten free)
- 1 whole egg (optional)
- 2 tsp Sriracha (optional)
- 1 1/2 tsp sesame oil
- 2 tbsp sliced green onion



## Directions

- In a large skillet, brown the turkey or beef until cooked through. Drain the meat if needed. Add the garlic + and sautee for 30 seconds.
- Add the cabbage/coleslaw, soy sauce, ginger, and sautee until desired tenderness. You can add a little water if you need more liquid to sautee the coleslaw down.
- Optional: Make a well in the center of the skillet and add the egg. Scramble until done over low heat.
- Stir in sriracha. Drizzle with sesame oil and sprinkle with green onions. Add additional sriracha if desired.

Serving: 1.5 Cups Calories: 118 Fat: 3 g  
Carbs: 4 g Protein: 17 g Fiber: 1 g