

Lunch / Dinner

# EGG ROLL IN A BOWL



## PREP TIME

10 Minutes



## COOK TIME

20 Minutes



## SERVES

4-6

## INGREDIENTS

- 1/2 tsp black pepper
- 2 tbsp sesame oil
- 1 tbsp vegetable oil
- 1/4 cup low-sodium soy sauce
- 1/4 cup chopped green onion
- 1 lb. ground beef or pork
- 1 large onion, diced
- 1 small head cabbage
- 3 carrots
- 4-5 cloves garlic, minced
- 1 tbsp grated fresh ginger

## DIRECTIONS

1. Cook and crumble ground meat with onions in a very large skillet until meat is cooked through. Do not drain.
2. While meat and onions are cooking cut cabbage into thin shreds; set aside. Peel carrots with vegetable peeler then either dice small or use peeler to shave off thin slices; set aside.
3. Combine garlic, ginger, pepper, sesame oil, vegetable oil and soy sauce in a small bowl and stir to combine; set aside.
4. Add cabbage and carrots to ground meat then cook and stir over medium-high heat for 3-4 minutes. Add soy sauce mixture then stir well.
5. Reduce heat to medium and continue cooking for 5 - 10 minutes or until cabbage is tender.

*Optional: Serve with leaf lettuce to make lettuce wrap!*