



Egg Roll in a Bowl

Servings 4 | Prep time 10 mins. | Total time 25 mins.

Equipment: Cutting board, Measuring spoons, Large skillet/non-stick pan

Utensils: Knife, Spatula or wooden spoon

Ingredients

- 1 pound lean ground meat (pork, turkey, chicken, or beef)
- 2 tablespoons sesame oil OR olive oil
- 1 onion diced into ¼-inch pieces
- 1 bell pepper, thinly sliced into ¼-inch pieces (red, yellow, or green)
- 2 cloves garlic, minced
- 1 teaspoon ground ginger (optional)
- 1/3 cup low-sodium soy sauce
- 1 16 ounce bag coleslaw mix OR 4 cups fresh green cabbage, finely sliced
- 1 carrot, finely grated

Optional toppings:

Sriracha hot sauce, green onions, sesame seeds, chow mein noodles

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a large skillet over medium-high heat, add ground meat to pan. Using a wooden spoon or spatula, break meat into small pieces. Cook meat thoroughly and until no pink remains. (If needed, drain and discard cooking liquid)

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3. To same skillet add onion, and bell pepper; continue cooking, stirring frequently, until vegetables begin to soften, about 5 minutes.
4. Add oil, garlic, ginger (if using), soy sauce, coleslaw mix, and carrots to the skillet. Continue to cook for 5-7 minutes, stirring consistently.
5. Remove from heat, divide among four bowls and add toppings.

Nutritional Information:

Calories 370 Total Fat 24g Sodium 870mg Total Carbs 14g Protein 25g