



# 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)
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