

Egg Roll in a Bowl



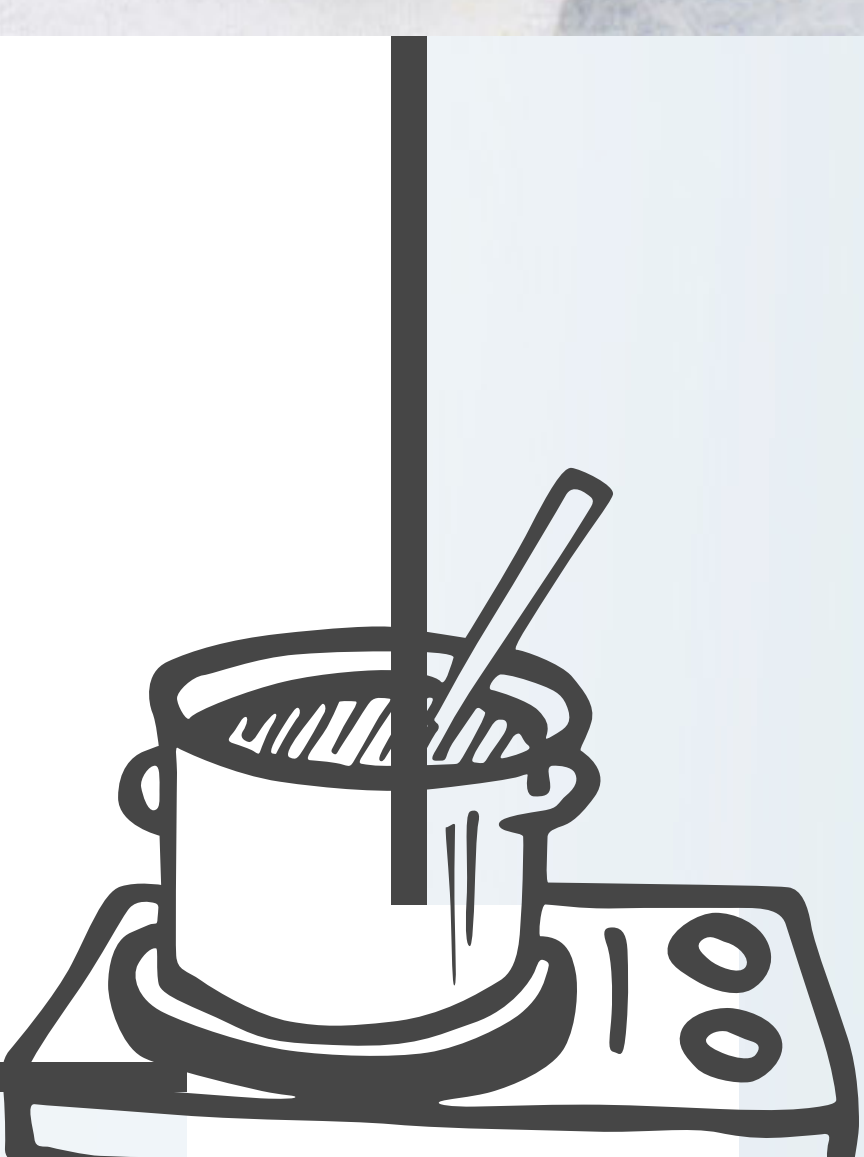
Prep: 10
Cook: 15



Serves: 4

Ingredients:

- 1 lb ground beef or turkey
- 1 bag dry coleslaw mix (shredded cabbage and carrots)
- 5 cloves garlic, minced
- 1/2 tsp ground ginger
- 1/2 cup low sodium soy sauce
- 1 chopped onion
- 1 chopped pepper
- sliced green onion



Follow these 3 easy steps:



1

In a large, deep skillet, brown beef or turkey. Meanwhile in a small bowl, combine garlic, soy sauce, and ginger; set aside. Saute pepper and onion together in separate pan with 2 tablespoons of olive oil.



2

Once meat is cooked through, add dry coleslaw mix to skillet and stir to combine.



3

Pour soy sauce mixture into the skillet and stir, continuing to cook over medium heat for about 5 minutes or until cabbage is wilted, but still a bit crunchy. Stir in sauteed vegetables. Serve with sliced green onion.



And voila! It's done!