

Eggroll In A Bowl

Craving Chinese?

Try this “Eggroll In A Bowl” for dinner tonight!

Ingredients:

- 1.5 pounds ground beef
- 1 large head of green cabbage, shredded thinly
- 3 small carrots, peeled and cut into small matchsticks
- 6-8 green onions, cut into 2” pieces
- 4-5 cloves fresh garlic, minced
- 1 tablespoon grated fresh ginger
- 1 tablespoon sesame oil
- 3-4 tablespoons low sodium soy sauce
- 1 tablespoon toasted sesame seeds - optional

Instructions:

1. In a small bowl, whisk garlic, ginger, sesame oil, and soy sauce. Set aside.
2. Heat a large pan over medium-high heat, and add in the beef. Cook, breaking the meat with a wooden spoon until browned and cooked through - about 10-15 minutes.
3. Stir in your carrots, green onions, and cabbage, then stir fry for about 3 minutes.
4. Drizzle your soy sauce mixture into the skillet, and continue stir-frying, cooking for about 4 minutes more, or just until all of your vegetables are crisp-tender.
5. Before serving, sprinkle with toasted sesame seeds, and additional chopped green onions, if desired.

Makes 6 servings. Count each serving as a dinner protein.

