

Egg Roll In A Bowl

Makes about 4-5 bowls

(Modifications I made: stirred in an egg right before the cabbage; added in about 1/3 cup of chopped pre-cooked shrimp at the same time cabbage was added)



INGREDIENTS

- 1 lb ground pork/beef/chicken
- 12 ounces cabbage (we used a ready made coleslaw mix)
- ¼ cup liquid aminos (or soy sauce)
- 2 TBSP chicken broth
- 1 tsp minced garlic
- 1 tsp ground ginger
- 2 tsp Sriracha
- 1 TBSP Sesame Oil
- 2 TBSP minced green onion
- 1 tsp Sesame Seeds

INSTRUCTIONS

1. Heat a large skillet to medium-high heat. Once hot add in the ground pork. Using a spatula break up the chunks of meat and cook all the way through. (I use a potato masher to get the meat smaller)
2. Add in the liquid aminos (or soy sauce) and chicken broth and stir to combine.
3. Add in the minced garlic, ground ginger and sriracha and combine. Allow to cook for 1-2 minutes as the liquid reduces.
4. Add in 12 ounces of cabbage (we buy plain coleslaw mix) and stir to coat cabbage in the liquid and seasonings. Once the cabbage has wilted to your liking remove from heat. For more crunch combine and immediately remove from heat, for less crunch cook down for 2-3 minutes.
5. Drizzle with sesame oil and garnish with minced scallions and sesame seeds (and maybe a little more soy sauce), if desired. Enjoy!

Note: The less cabbage you use, the lower the total and net carbs will be!