

# Egg Roll in a Bowl

## Aka “Crack Slaw”

There are many different variations of this recipe. It is a filling and flavorful lean protein and non-starchy vegetable!

### Ingredients

- 1 lb. lean ground beef, ground turkey breast, or turkey sausage
- 2 Tbsp sesame oil
- 2 minced garlic cloves
- 3 sliced green onions
- 14 oz coleslaw
- Salt and pepper to taste



### Sauce:

- ¼ teaspoon sugar or sugar substitute
- ½ tsp ginger paste or fresh ginger
- 1 tsp vinegar
- 2 Tbsp soy sauce
- ½ tsp hot sauce or chili paste

### Instructions

**Brown** the meat in a skillet and season with salt and pepper. Remove from the pan and set aside draining off any excess fat.

**Mix** all of the ingredients for the sauce together.

**Heat** up the sesame oil and sauté the garlic, onions, and cabbage to the desired tenderness.

**Stir** in the sauce. Add in the meat. Mix well and enjoy!