

Egg Roll in a Bowl

Nebraska Seasonal Produce Guide

4 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 pound lean ground beef
- 6 cups shredded cabbage* or coleslaw mix
- 4 cloves garlic, gently rubbed under cold running water, minced
- 1 Tablespoon fresh ginger, gently rubbed under cold running water, minced or ¼ teaspoon ground ginger
- 1 Tablespoon low-sodium soy sauce
- ¼ cup green onion, gently rubbed under cold running water, chopped
- 1 Tablespoon sesame oil or vegetable oil

Instructions

1. Wash hands with soap and water.
2. Heat a large skillet over medium heat. Add the ground beef and cook, stirring often to crumble, until cooked through and the temperature reaches 160°F on a food thermometer. Drain fat.
3. Add the cabbage, garlic, ginger, and soy sauce to the skillet with the ground beef. Cook for 3-4 minutes or until cabbage has softened.
4. Remove from the heat and top with the green onions and drizzle with oil.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Notes:

- For a lower-cost option, use vegetable oil instead of sesame oil.
- *1 medium-sized green cabbage yields about 8 cups of shredded cabbage.

Nutrition Information per Serving (1/4 of recipe): Calories 330, Total Fat 19g, Saturated Fat 7g, Cholesterol 95mg, Sodium 620mg, Total Carbohydrates 8g, Fiber 3g, Total Sugars 4g, includes 0g Added Sugars, Protein 30g, Calcium 6%, Iron 20%, Potassium 15%



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