

Egg Roll in a Bowl

4 servings



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

Nutrition Information: Serving Size (¼ of recipe):
Calories 330, Total Fat 19g, Saturated Fat 7g, Sodium 620mg, Total Carbohydrates 8g, Fiber 3g, Total Sugars 4g, includes 0g Added Sugars, Protein 30g

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 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.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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