# Egg roll in a bowl

Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

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## About this recipe

Serves
4
Serving size
1 bowl
Special criteria
Summer meals in a SNAP

## Ingredients

- ½ pound ground beef
- 1 tablespoon garlic, minced
- ½ cup carrots, matchstick
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon ginger (or 1 teaspoon ground ginger)
- ½ teaspoon red pepper flakes
- 14 ounces coleslaw mix
- ½ cup green onions

## Directions

1. Brown ground meat in a skillet until cooked through.
2. Drain any fat as needed.
3. Add in garlic and carrots and saute for 2-3 minutes.
4. Stir in soy sauce, ginger and red pepper flakes.
5. Add in coleslaw and stir.
6. Saute in pan until coleslaw reduces down by half.
7. Top with green onions and serve.

## Tips and variations

Tired of the same old weeknight dishes? Try this egg roll in a bowl! Crunchy cabbage and ground meat flavored with ginger, soy, and just a touch of heat. Choosing to prepare food at home can save you more than just money.

Restaurant food is typically higher in calories, sodium and fat. Preparing meals at home means you have control over the ingredients and the amount added. Cooking at home helps you control how much of a portion you eat. Restaurants often serve dishes that are two and three times the recommended serving. Those calories add up.

Choose meats that are lean, fresh fruits and vegetables and ingredients that are low or reduced sodium. Preparing meals with fresh, healthy ingredients can help reduce your risk of chronic diseases such as heart disease and type 2 diabetes.

## Recipe video

## Nutritional info

Calories
130
Total fat
4g
Sodium
390mg
Total carbohydrates
10g
Dietary fiber
3g
Protein
14g

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