

Eggroll in a Bowl



prep time
5-15 min



total time
~25-40 min



servings
3-4

Ingredients

- 1.5 LBS/675 grams 90% Ground Meat of choice ~ 19 servings protein
- 3 garlic cloves diced
- 2 tsp grated fresh ginger
- 4 cups/348 grams sliced napa cabbage (or any cabbage) ~ 4 servings of veggies
- 1 bunch/174 grams bok choy, sliced ~ 2 servings of veggies
- 1 small/37 grams yellow onion, sliced thin ~ ½ serving of veggies
- 1 cup/83 carrot, shredded ~ 2 servings of veggies
- 1 cup/70 grams sliced shiitake mushrooms ~ ½ serving of veggies
- 1/4 cup/12 tsp liquid aminos
- 1 tbsp rice wine
- 1 tsp/5 grams coconut oil ~ 1/3 serving of fat
- 1 tsp/5 grams toasted sesame oil ~ 1/3 serving of fat
- 2 tsp/19 grams toasted sesame seeds ~ 1/3 serving of fat

Pro Tip: If you are short on time and can't chop all the veggies feel free to sub in broccoli slaw!

✦ simple meal

✦ bowl life

Instructions

- 1 In a large pan on high, on high heat add coconut oil and ground beef. Break into small chunks and cook until brown. Grate ginger, dice garlic and add to beef, stir thoroughly.
- 2 Slice cabbage, bok choy, onions, mushrooms and carrots (pro tip: buy pre-shredded slaw to reduce the work!)
- 3 Remove beef and add 1 tsp of coconut oil to high heat. Add in cabbage, bok choy, and allow them to cook down slightly. Then add the onions, carrots and mushrooms.
- 4 Pour in the aminos, rice wine, sesame oil and toasted sesame seeds. Toss frequently until the cabbage and bok choy start to wilt.



- 5 Add cooked ground beef and mix thoroughly. Remove from heat and serve over rice and garnish with green onions. If you like spice, throw in some pepper flakes and top with Siracha.

You can serve this over rice and top with sesame seeds, avocado or crushed cashews!

Whole Recipe Breakdown:

19 Servings Protein

0 Servings Carb

1 1/3 Servings Fat

9 Servings Veggies

