



# EGG ROLL IN A BOWL

Recipe adapted from [WholeNewMom.com](http://WholeNewMom.com)

## INGREDIENTS

- 1 lb of ground beef
- 1 bag of cole slaw salad mix
- 1 tsp garlic
- 1 1/2 tsp ginger, powdered
- 1 green onion, optional
- 1 onion medium (sub onion powder) or to taste
- 1/3 cup of beef broth
- 1/16 tsp sweetener
- 4 tsp Tamari, optional
- 1/2 tsp of each -black pepper, red pepper flake (optional), salt
- 1 1/2 tsp Sesame oil, refined
- 2 tsp white wine, optional

## DIRECTIONS

1. Place meat in large pan and cook until browned.
2. On medium heat, add onions, garlic and sesame oil. Cook until lightly browned.
3. Reduce heat to medium.
4. Add spices, sweetener, red pepper flakes, wine (if desired), and broth to the pan and stir well.
5. Add the cabbage mix and stir to coat.
6. Cook, stir frequently until the cabbage mix slightly wilts.
7. Add tamari, if desired, to taste and adjust flavorings as desired.
8. Serve plain or over rice or cauliflower rice.
9. Garnish with green onion, if desired.

**BENEKER**  
*Family Farms*