

Egg Roll in a Bowl

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Servings: 4 (1 cup for serving size)

Ingredients

- 1 tsp minced ginger
- 4 ½ cup(s) packaged coleslaw mix (shredded cabbage and carrots)
- ½ cup(s) shredded carrot(s)
- 3 medium cooked scallion(s)
- 3 Tbsp low sodium soy sauce
- 1 ½ tsp sesame oil
- 1 ½ tsp sugar
- 1 pound(s) uncooked ground chicken breast (can sub ground pork, turkey, or turkey sausage)



Steps

1. Brown the sausage/meat in a medium non stick skillet until cooked all the way through and then add the ginger.
2. Add soy sauce, sugar, and sesame oil.
3. Add full bag of coleslaw, stir till coated with sauce
4. Add ½ bag of shredded carrots, still till coated with sauce
5. Add chopped scallions, mix thoroughly and cook on medium high heat until the cole slaw has reduced by half.