

Egg Roll in a Bowl

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Southwest Jr. High
Regular Schedule

All of the delicious flavors of your favorite fried Chinese restaurant appetizer come together in a lighter, faster, one skillet meal! This "Egg Roll in a Bowl" is a quick and healthy dinner that's ready in about 20 minutes!

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Servings 4 people

Calories 234 Kcal

Ingredients

- 1 lb. ground ground beef (can substitute with ground chicken, ground turkey, or ground pork)
- 1 tablespoon sesame oil*
- 1 tablespoon rice vinegar
- 2 teaspoons minced fresh garlic**
- 1 teaspoon ground ginger
- ¼ cup less sodium soy sauce
- 1 (16 ounce) bag coleslaw mix
- Salt and pepper, to taste
- 1 tablespoon hoisin sauce (optional, but recommended)

Instructions

1. Heat a large skillet over medium-high heat. Add ground meat and cook, stirring, until no longer pink. Drain; return meat to skillet.
2. Add sesame oil, and rice vinegar to the skillet. Cook, stirring, for a few more minutes.
3. Add garlic, ginger, soy sauce, hoisin sauce (optional), and coleslaw mix to the skillet. Cook, stirring, for about 5-7 more minutes, or until cabbage is wilted.
4. Remove skillet from the heat. Season with salt and pepper, to taste.