

# Egg Roll in a Bowl

WITH BROWN RICE OR VEGGIE SPRING ROLLS

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## Ingredients

- 1 lbs of ground chicken or pork
- 2 tbs olive oil
- 1 white or yellow onion, chopped
- 8 oz mushrooms, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, cut into thin strips
- 1 cup grated carrots (store bought bag)
- 1 12 oz bag coleslaw mix (white and - purple cabbage combo)
- 1 egg
- 1 TBS rice vinegar
- 2 tsp sesame oil
- 1/4 tsp ground black pepper
- 3 TBS low sodium soy sauce or coconut aminos
- 2 green onions, chopped
- Brown Rice or Veggie Spring Rolls (*I love the Royal Asia brand from Costco*)

## Directions

1. Heat 2 TBS of olive oil over medium heat in a large skillet. Add onions, mushrooms, garlic and beef to the skillet and cook for about 5 minutes. Add bell peppers and carrots to the skillet, and cook for additional 5 minutes
2. Add coleslaw mix to the skillet and cook for 3-4 minutes. Create a well in the middle of your skillet, and add the egg. Allow the egg to cook before incorporating into the rest of the veggies.
3. Add rice vinegar, soy sauce, and pepper to the skillet. Mix well and cook for 3-4 minutes.
4. Remove from heat and top with green onions if desired and enjoy!

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MADE WITH LOVE

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by Teresa Forchard