

Amazing Egg Roll in a Bowl

INGREDIENTS

- 1 ½ lbs ground beef, pork, or turkey (organic if possible)
- 9 cups shredded cabbage (or 1 large bag coleslaw mix)
- 1 ½ cups chopped carrots (fresh or frozen)
- 2 small onions, chopped
- 1 tsp garlic (about 2 cloves), minced (time saver use-¼-½ tsp of garlic powder)
- 1 ½ tsp fresh minced ginger or ½ tsp of powdered
- ⅓ cup beef broth (optional)
- 3 tbsp apple cider vinegar (adjust to taste)
- 2+ tsp coconut sugar (optional, to balance acidity)
- Coconut aminos, to taste (this is your soy sauce replacement)
- Fats & seasoning
- 1 ½ tbsp toasted sesame oil (or sub avocado oil for strict AIP) *Use caution if known allergy
- ½ tsp salt
- Optional flavor boosters
- ½ tsp black pepper
- ½ tbsp red pepper flakes (omit for AIP / nightshade-free)



DIRECTIONS

1. In a large skillet, brown the ground meat over medium-high heat. Drain excess fat if needed.
2. Add onions and sesame oil (or avocado oil). Sauté until onions soften and lightly brown.
3. Lower heat to medium and stir in garlic, ginger, salt, vinegar, coconut sugar, carrots, and broth.
4. Add shredded cabbage and mix well to coat.
5. Cook, stirring frequently, until cabbage is just wilted but still slightly crisp.
6. Stir in coconut aminos to taste and adjust seasoning as needed.
7. Serve warm as-is or over cauliflower rice for a fuller meal.