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# EGG ROLL IN A BOWL

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Entire Recipe is 16oz of protein and approx 9 cups of vegetables

## Ingredients

- 2 Tbsp olive oil
- 1 lb ground beef or ground pork
- 1 bag of TJs Organic Shredded Green & Red Cabbage
- 1 bag of frozen caulirice
- 3 garlic cloves, crushed
- $\frac{3}{4}$  cup chicken broth, low sodium
- 2 Tbsp low sodium soy sauce
- 1 Tbsp fresh or dried ginger
- $\frac{1}{2}$  tsp pink salt, to taste
- $\frac{1}{4}$  tsp pepper, to taste
- 1 tsp toasted sesame oil
- Green onions, chopped

## Directions

1. In a large skillet over medium heat, brown the meat in the olive oil and garlic until cooked thoroughly
2. While the meat is cooking, start the caulirice in another skillet. Over medium heat, put in the frozen caulirice and cover with broth. Allow that to boil in the broth until the broth is mostly evaporated, stirring occasionally
3. Add the bag of cabbage to the skillet and the soy sauce, ginger, salt, pepper, and sesame oil. Mix together, cover and simmer for 8-10 minutes
4. Serve layering the caulirice with the protein and cabbage mix. Sprinkle with green onions and enjoy!

## Notes

### Options

- sub TJ's stir fry Asian Caulirice for plain (adds 1.5 cups of veggies)
- frozen garlic and ginger cubes from TJ's are a shortcut to keeping fresh garlic and ginger
- top with sesame seeds for an added pop
- For easy clean up, use a 12in electric skillet and cook it all in one skillet.