

Egg Roll in a Bowl

4 servings

A typical person should aim to eat 2 ½ cups of vegetables each day. Choose vegetables that are dark green, red, or orange more often and try to eat more dry beans and peas.

- 1 pound lean ground beef
- 6 cups shredded cabbage*
or coleslaw mix
- 4 cloves garlic, gently rubbed under cold running water, minced
- 1 Tablespoon fresh ginger, gently rubbed under cold running water minced or ¼ teaspoon ground ginger
- 1 Tablespoon low-sodium soy sauce
- ¼ cup green onion, gently rubbed under cold running water, chopped
- 1 Tablespoon sesame oil or vegetable oil



1. Wash hands with soap and water.
2. Heat a large skillet over medium heat. Add the ground beef and cook, stirring often to crumble, until cooked through and temperature reaches 160 °F on a food thermometer. Drain fat.
3. Add the cabbage, garlic, ginger, and soy sauce to the skillet with the ground beef. Cook for 3-4 minutes or until cabbage has softened.
4. Remove from the heat and top with the green onions and drizzle with oil.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Optional: For a lower cost option, use vegetable oil instead of sesame oil. For a more balanced meal, serve with ½ cup brown rice.

*1 medium sized green cabbage weighs about 2 pounds and yields about 8 cups of shredded cabbage.

Nutrition Information per Serving (1/4 of recipe): Calories 330, Total Fat 19g, Saturated Fat 7g, Protein 30g, Total Carbohydrate 8g, Dietary Fiber 3g, Total Sugars 4g, Added Sugars 0g, Sodium 620mg.

Recipe Source: Nebraska Extension