

# EGG ROLL IN A BOWL

## Ingredients

- 2 lbs thawed ground meat
- 2 medium (or 1 large) onions, chopped
- 2 to 3 Tbsp toasted sesame oil (or oil of your choice)
- 4 garlic cloves, minced
- 2 tsp ground ginger
- ½ cup soy sauce, or 1 to 2 generous squirts Coconut aminos or Bragg liquid aminos
- 1 very large head of cabbage, cored and thinly sliced, or 2 to 3 (16-ounce) bags coleslaw mix
- 4 green onions, finely chopped
- Mineral salt and black pepper
- 1 tsp red pepper flakes, optional

## Directions

1. Brown the meat in a large skillet over medium heat until fully cooked.
2. Turn up the heat to medium high and add the chopped onions and sesame oil, and lightly brown the onions.
3. In a small bowl, mix the garlic, ginger, and soy sauce and add to the skillet, then immediately add the cabbage and stir well (cabbage will threaten to spill out of the pan but it will soon shrink and fit). Cook for several more minutes, until the cabbage is tender and wilted, stirring often.
4. Turn off the heat, and add the green onions and salt and black pepper to taste. Stir one last time, sprinkle with the red pepper flakes (if using), and serve.