

Egg Roll in a Bowl

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



INGREDIENTS:

OLIVE OIL

1 ONION, DICED

4 GARLIC CLOVES, MINCED

½ TSP GINGER

1 LB GROUND TURKEY OR PORK

14 OZ COLESLAW MIX

2 CARROTS, GRATED

¼ C SOY SAUCE

2 EGGS

DIRECTIONS:

IN A LARGE SAUCEPAN SAUTE THE ONION AND CARROTS FOR 5 MINUTES OR UNTIL SOFT. ADD THE TURKEY, GARLIC AND GINGER. AND COOK FOR ABOUT 10 MINUTES. MIX IN THE COLESLAW AND THE SOY SAUCE. STIR FOR SEVERAL MINUTES AND MAKE A WELL IN THE CENTER. COOK THE 2 EGGS IN THE CENTER AND THEN MIX EVERYTHING TOGETHER. MAKES 8 1c SERVINGS.

TO FREEZE:

ALLOW THE PAN TO COOL. PLACE LEFTOVERS IN AIRTIGHT CASSEROLE DISH OR FREEZER QUARTS AND FREEZE.

MACROS PER SERVING: 128 CALS 4G NET CARBS 6G FAT 14G PROTEIN