

# EGG ROLL IN A BOWL

*yield:* **4 SERVINGS**

*prep time:* **10 MINUTES**

*cook time:* **15 MINUTES**

*total time:* **25 MINUTES**

*Forget high-carb traditional egg rolls, try this yummy egg roll in a bowl!*

## INGREDIENTS

- 1 pound ground sausage (you could also sub with ground turkey ground beef etc.)
- 1/2 white onion, sliced
- 4 cloves garlic, minced
- 1 tablespoon ginger, minced
- 1 tablespoon soy sauce
- 1 small head cabbage, shredded or spiralized
- 8 oz. mushrooms, sliced
- 1 tablespoon sesame oil
- 1/4 cup chopped green onion

## DIRECTIONS

- 1 Cook ground sausage with sliced white onion in a large skillet over medium heat, making sure meat is crumbled and cooked through. Do not drain.
- 2 Stir in garlic, ginger, and soy sauce.
- 3 Add cabbage and mushrooms, and stir for a few minutes until softened.
- 4 Remove from heat, stir in sesame oil, and top with green onions.

## NUTRITIONAL INFORMATION

Yield: 4, Serving Size: 1

*Amount Per Serving:* Calories: 376, Total Carbohydrates: 2g, Fiber: 1g, Net Carbohydrates: 1g, Total Fat: 27g, Protein: 29g

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