

Egg Roll in a Bowl



Prep:

10 mins

Total:

30 mins

Makes:

6 - 1 cup servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

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Contributed By:

Diana Valenciano

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Recipe Description:

When you're craving Chinese take-out but don't want the added carbs and calories, this is the perfect meal for you! Egg roll in a bowl is just that, all of the delicious ingredients that are in an egg roll, but instead of being fried in a wrapper, it's served in a bowl for a healthier alternative. You can easily customize this recipe by adding your own protein and additional vegetables to it. Serve warm and top with sesame seeds and green onions.

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¹?₂

head

green cabbage, sliced, use Cone #4

2
medium
carrots, shredded, use Cone #1
1
lb
ground pork
1[?]4
cup
soy sauce, low sodium
2
tbsp
chicken stock, low sodium
1
tbsp
garlic, shredded, use Cone #1
1[?]2
tbsp
ground ginger
2
tbsp
sriracha hot sauce
1
tbsp
sesame oil
2
tbsp
green onion, minced
1
tsp
sesame seeds (optional)

Directions:

1. Preheat skillet to 250°F/120°C for approximately 5-7 minutes or until several drops of water sprinkled on the pan skitter and dissipate.
2. Add the ground pork. cover and cook for 10 -15 mins until pork has cooked through. Drain excess oil, if necessary.
3. Add soy sauce, chicken stock, garlic and ginger to the skillet and combine. Cover and cook an additional 2 minutes to allow the garlic to cook through.
4. Add the cabbage, carrots, green onion and sesame oil and combine. Cover and cook for 5 minutes or until the vegetables are cooked to your preference.
5. Serve warm. Garnish with sesame seeds, green onions and hot sauce, if desired.

Nutritional Information per Serving

Calories:

262

Total Fat:

18g

Saturated Fat:

6g

Cholesterol:

54mg

Sodium:

595mg

Total Carbs:

11g

Dietary Fiber:

3g

Sugar:

5g

Protein:

15g