

Egg Roll in a Bowl

- In a large saute pan over medium heat drizzle 1 tablespoon oil and add ground turkey. Cook for 5-6 minutes, or until turkey is almost cooked through.
- Push turkey to the side of the pan and add onion and other tablespoon of oil. Saute for 3-4 minutes.
- Add shredded carrots, garlic, and ginger and saute for 2 minutes. Stir the vegetables and turkey together.
- Pour chicken broth in the pan and scrape the bottom of it to deglaze it.
- Add cabbage, coconut aminos or soy sauce, vinegar, salt, and pepper. Stir well and cover with a lid. Reduce heat to medium-low and cook for 12-15 minutes, or until cabbage is to your desired tenderness.
- Just before serving add toasted sesame oil and top with green onions and toasted sesame seeds. Serve over cauliflower rice or eat it in a bowl by itself. Enjoy!

Recipe from:

<https://www.evolvingtable.com/egg-roll-in-a-bowl-paleo-keto/>

- Total time: 30 minutes