

## Carolbake.com | Egg Roll Bowls

We've been trying to cut out the extra carbs, so I have been having fun making these egg roll bowls. If you aren't low carb, you can serve this dish over rice or use it as a filling for actual egg rolls! You can usually find the egg roll wraps in the fresh veggie section at your grocery store.

We love this dish because it's super easy to make and also makes a ton! This one batch will usually feed 10-12 people, so we divide it up and take it for lunches all week.

Let's jump in the kitchen and start cooking together...

### Ingredients:

- 1 lb Ground Meat (Beef, Turkey or Pork)
- 1/2 Onion, Chopped
- 4-6 Cloves Garlic, Chopped
- Olive Oil
- 2 Bags Pre-Shredded Tri-Color Cole Slaw Mix
- 1/2 Cup Matchstick Carrots
- 1/4 Cup of Soy Sauce
- 2 Tbsp Toasted Sesame Seed Oil
- Optional: 1 - 2 Tbsp Sriracha
- Optional Toppings: Green Onions, Sesame Seeds and Rice

### How to Make:

- In a deep frying pan, heat olive oil over medium heat and pan fry chopped garlic and onion. Keep moving it around so it doesn't burn and it also helps release the flavor.
- Add ground meat to pan and let it brown.
- Remove cooked ground meat, onions and garlic and set aside.
- Add a little more olive oil to the pan to help deglaze it - that means it will pull up the bits from the meat you just cooked and will add amazing flavor to the next step.
- Dump in both bags of Cole slaw and matchstick carrots. Keep mixing it, so that nothing burns to the bottom. Keep doing that until it cooks down.
- Add your meat back in and mix in with the cabbage mixture and green onions.
- Whisk together soy sauce and sesame seed oil (and add in sriracha if you like spice), then pour over top of pan. Continue mixing everything together.
- Serve with sesame seeds and chopped green onions over the top and you are ready to eat! Serve it as is for low carb, over rice to make a hearty meal for the rest of the family or go ahead and use it as a filling and make the best egg rolls you've ever had!
- Enjoy! :)

I always love hearing how these recipes turn out for you. Share your pics with me and let me know on [Instagram](#) or [Facebook](#)!

For more fun recipes to try and places to explore, check out [carolbake.com](http://carolbake.com)!