

Egg Roll In A Bowl



- 1 tsp coconut oil
- 1 lb ground beef
- 1/4 cup diced red onion
- 2 tsp minced garlic
- 1 tsp salt
- Pepper to taste
- 1 tsp ground ginger
- 8 oz coleslaw mix
- 1 Tbsp rice vinegar
- 1/4 cup Tamari sauce
- Chopped green onion for garnish

Heat sesame oil in a large skillet, add onion, garlic and ground beef. Brown Ground meat along with onion and garlic until brown. Add salt, pepper and ginger. Add Tamari sauce, vinegar and coleslaw mix. Stir and cook until slaw is soft or desired texture. Top with green onions.

4 servings

Macros:

- Carbs 6g
- Fiber 3g
- Protein 33g
- Fat 16g
- Calories 284