Egg Roll In A Bowl

Have a craving for an egg roll but don't want to make it? Try out this! This egg roll in a bowl makes a yummy meal and is easy to make!

Preparation Time: 15 min. Cooking Time: 20 min. Servings: 6

Amount	Ingredient	Cost – date:
1 bunch	Green Onions, sliced with the white parts separated from the green parts	
1 Tbsp	Vegetable Oil	
1-1/2 Tbsp	Fresh Ginger, grated	
3	Garlic Cloves, minced	
1 lb	Ground Pork (or ground beef or chicken/turkey or mushrooms)	
1 lb bag	Coleslaw Mix (incl. cabbage, red onion & carrots)	
1/4 cup	Soy Sauce	
2 Tbsp	Sweet and Sour Sauce	
2 tsp	Sesame Oil	
1 Tbsp	Rice Vinegar	
1/3 cup	Salted cashews, chopped (Optional)	
1 cup uncooked	Rice, any type, cooked	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Cook rice according to package.

2. Heat vegetable oil in a large pot over medium heat. Add the white onions and ginger and cook, stirring for 2 minutes.

3. Add the garlic, stirring for 20 seconds, don't let brown. Add in the ground pork and continue cook for 3- 5 minutes, breaking up with wooden spoon. Add in coleslaw, soy sauce and rice vinegar to pot, stirring until wilted, 5-7 minutes.

4. Stir in sweet and sour sauce, sesame oil, cashews (if using) and green onion tops. Heat for a few minutes. Taste and adjust seasoning, may not be necessary.

5. Serve over hot rice. Drizzle with extra sweet and sour sauce if desired.

SOURCE: Christine L - A mash-up of recipes from Jenn Segal of Once Upon a Chef and a Weight Watchers recipe.

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!