



# Egg Roll in a Bowl With Ground Turkey

This easy egg roll in a bowl with ground turkey is packed with cabbage, garlic, ginger, and savory flavor. It is a simple one-skillet dinner that comes together fast and works great for meal prep too.

## Prep Time

10 minutes

## Cook Time

20 minutes

## Total Time

30 minutes

## Servings

4 servings

## Ingredients

- 1 pound ground turkey
- 1 small head green cabbage, thinly sliced
- 1 cup shredded carrots
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 3 tablespoons soy sauce or coconut aminos
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 1 teaspoon rice vinegar
- 2 green onions, sliced
- Salt and black pepper to taste
- Sesame seeds for topping (optional)

## Instructions

1. Heat the olive oil in a large skillet over medium heat.
2. Add the ground turkey and cook until browned, breaking it apart as it cooks.
3. Stir in the onion, garlic, and ginger. Cook for 2 to 3 minutes until fragrant.
4. Add the cabbage and shredded carrots. Stir well and cook for 8 to 10 minutes until the cabbage softens.
5. Pour in the soy sauce, sesame oil, and rice vinegar. Stir until everything is evenly coated.
6. Season with salt and black pepper to taste.
7. Top with sliced green onions and sesame seeds before serving.

## Notes

- Add scrambled eggs for extra protein and classic egg roll flavor.
- Use coleslaw mix for a faster shortcut version.
- Great for meal prep and reheats well the next day.
- Add sriracha or chili garlic sauce for extra heat.

## Nutrition Information (Per Serving)

- Calories: 320

- Protein: 26g
- Carbohydrates: 10g
- Fiber: 3g
- Net Carbs: 7g
- Fat: 18g
- Saturated Fat: 4g
- Sodium: 720mg