

Recipe posted on gingerfriesen.com, May 2018

Egg Roll in a Bowl

Adapted from smilesandwich.com, November 2014

Ingredients:

- 1 pound mild ground breakfast sausage
- ½ head green cabbage, shredded in a food processor
- 1 large, or 2 small, carrots, peeled and shredded in a food processor (about 1 cup)
- 1 teaspoon sesame seed oil
- ½ cup low sodium tamari, soy sauce, or coconut aminos (if on Whole 30)
- 1 teaspoon rice vinegar
- 5 cloves garlic, minced
- 1 teaspoon fresh ginger, finely chopped
- sliced scallions
- sesame seeds
- 6 whole cabbage leaves, steamed for 3-4 minutes – See Notes.
- 8 corn tortillas, warmed in foil, for 10 minutes – See Notes.

Instructions:

1. In a large skillet, brown sausage.
2. Meanwhile, combine sesame seed oil, tamari, rice vinegar, garlic, and ginger in a small bowl and set aside.
3. After the sausage is browned, add the shredded cabbage and carrot to the skillet with the sausage and toss to combine. Stir in the tamari mixture.
4. Cover and cook until the vegetables are soft, about 15 minutes.
5. Serve on steamed cabbage leaves to make cabbage wraps, or on corn tortillas.
6. Garnish with scallions and sesame seeds.

Notes:

- Before cutting the cabbage in half to shred it in the food processor, I carefully trim around the core of the cabbage and gently pull several whole leaves off the cabbage. Sometimes they tear a little, which is okay, but try to keep them as whole as possible so they will work for making cabbage wraps.
- I place 3 big cabbage leaves in my steamer basket and steam for 3-4 minutes. I remove the steamed leaves into a glass dish with lid, then add the remaining 3 leaves to the steamer basket and repeat.
- For the kids, I wrap 8 corn tortillas in foil and place in a 350 degree oven for 10 minutes (or if I'm roasting sweet potatoes for part of the dinner, I just add the foil-wrapped tortillas to the already hot oven).