



## Egg Roll Stir Fry

Serves: 4 - 6

### Ingredients:

1 lb. ground chicken or pork  
1 large onion, diced  
1 small head of cabbage  
2-3 carrots  
4-5 cloves garlic, minced  
1 tablespoon grated fresh ginger (or 1 tsp ground)  
1/2 teaspoon black pepper  
2 tablespoons sesame oil  
1 tablespoon vegetable oil  
1/4 cup soy sauce

Cook and crumble ground meat with onions in a very large skillet until meat is cooked through. Do not drain. You'll need to select a skillet large enough to contain all the cabbage – divide everything evenly into two skillets if necessary.

While meat and onions are cooking, cut cabbage into thin shreds; set aside. Peel carrots with a vegetable peeler then either dice small or use the peeler to shave off thin slices; set aside.

Combine garlic, ginger, pepper, sesame oil, vegetable oil and soy sauce in a small bowl and stir to combine; set aside.

Add cabbage and carrots to ground meat then cook and stir over medium-high heat for 3-4 minutes. Add soy sauce mixture then stir well.

Reduce heat to medium and continue cooking for 5-10 minutes or until cabbage is tender.