

Eggroll-in-a-Bowl Recipe

Ingredients Needed:

- 1 pound ground beef
- 1 head of fresh cabbage
- 1 onion (sweet is our favorite)
- 2-4 carrots
- Seasonings: Sea salt, black pepper, paprika, garlic, fennel, red pepper flakes, and coconut aminos to taste!

Step-by-Step Recipe:

1: Prepare your vegetables.

Wash the cabbage, onion, and carrots. Coarsely chop the cabbage, dice onion, and peel and shred the carrots. Set aside.

2: Cook the meat.

In a large pot add the ground beef. Then season it to make it into Italian sausage with the following seasonings:

- 1 teaspoon fennel
- 1/2 teaspoon seas or mineral salt
- 1/4 teaspoon garlic
- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper flakes

Cook until meat is done.

3: Add and cook the vegetables.

Now you will add all the vegetables on top of the meat in the pot and cover. Allow to cook/simmer on medium heat. Open the lid and stir every few minutes, so everything cooks evenly.

4: Season to taste.

Continue to cook until the vegetables are done. Add salt, pepper, and coconut aminos to taste. Feel free to taste test to get the seasoning just right!

5: Remove from heat and serve.

Now that everything is cooked and seasoned, you will want to remove the pot from the burner. Serve as is or over rice! Our favorite way is over rice baked in bone broth because it gives extra flavor and protein to the meal. Enjoy!