



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Egg Roll in a Bowl

5g NET Carbs (Low Carb Keto)

Absolutely delicious! Low Carb Keto with so many great flavors and a great additional as a side dish.



5g Carbs

NUTRITION

Yields 4 servings

Per Serving: 5g Net Carbs 7g Total Carbs 2g Fiber 6g Fat 25g Protein 192 Calories

INGREDIENTS

- 1 lb. ground beef, or ground pork
- ¼ cup of onion, diced
- ¼ cup Broth Veggie or Chicken
- 1 tablespoon apple cider vinegar
- 2 teaspoons minced fresh garlic
- 1 teaspoon ground ginger
- ¼ cup soy sauce
- ½ teaspoon of oyster sauce
- 1 (16 ounce) bag coleslaw mix
- 2 green onions, thinly sliced
- Pepper, to taste
- 2 Tbsp Onion Soup Mix

Instructions:

1. Add meat to pan on medium to high heat. Spread meat and add liquid ingredients.
2. After a few mins add dry ingredients. Leaving green onion and coleslaw mix until later.
3. When meat is cooked add coleslaw mix and cooked until the desired texture of coleslaw is cooked.
4. Serve and add green onion to the top of each serving. Enjoy!