

Egg Roll in a Bowl

Ingredients

Egg Roll

- 1 tbsp (15 mL) canola oil
- ½ onion
- 1 lb. (450 g) ground turkey sausage or pork sausage
- 1 red bell pepper
- 2 pkg (14 oz./397 g each) coleslaw mix
- Optional: cooked white or brown rice
- Optional: chow mein noodles or sesame sticks

Sauce

- 2 green onions
- 3 tbsp (45 mL) reduced-sodium & gluten-free soy sauce
- 1 tbsp (15 mL) honey
- 1–2 tsp (5–10 mL) Sriracha or other hot sauce

Directions

1. Heat the oil in the [12" \(30-cm\) Nonstick Skillet](#) over medium heat for 3–5 minutes. Cut the onion into chunks and chop in the [Manual Food Processor](#).
2. Add the onion and sausage to the skillet. Cook for 5–7 minutes, using the [Mix 'N Chop](#) to break the sausage into pieces.
3. Cut the top off of the bell pepper, then remove the seeds and veins with the [Scoop Loop®](#). Finely chop the bell pepper in the processor. Add the bell pepper and coleslaw to the skillet and stir well. Cover and cook for 5–6 minutes. (The mixture will cook down.)
4. For the sauce, add the green onion to the processor; finely chop. Add the soy sauce, honey, and Sriracha; process until combined.
5. Pour the sauce into the skillet. Cook, uncovered, for 1–2 minutes, or until evenly combined and heated through.
6. Place rice into bowls and top with the mixture. Top with chow mein noodles or sesame sticks, if desired.



Yield:

- 6 servings

Nutrients per serving:

U.S. nutrients per serving: Calories 180, Total Fat 6 g, Saturated Fat 1.5 g, Carbohydrate 14 g, Cholesterol 55 mg, Sodium 810 mg, Fiber 4 g, Sugars 5 g, Protein 17 g

Cook's Tips:

Instead of the coleslaw mix, you can use 1 small head of cabbage and 2 medium grated carrots. Cut the cabbage with the [Simple Slicer](#) on the No. 2 setting. In step 3, cook for an additional 3–5 minutes.