

South Your Mouth

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Egg Roll Stir-Fry

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Recipe by South Your Mouth

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Egg Roll Stir-Fry

1 pound ground beef or pork
1 large onion, diced
1 small head of cabbage
3 carrots
4-5 cloves garlic, minced
1 tablespoon grated fresh ginger
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. *I cut mine in half lengthwise, set the cut side flat on the cutting board then thinly sliced the cabbage into strips.*

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.

Recipe makes approximately 4-6 servings.

