

# Turkey Egg Roll Bowl

*This recipe makes 12 cups of cooked Turkey Egg Roll mix*



## Ingredients

2 lbs ground turkey  
3 medium carrots (coarsely grated)  
3 eggs  
6 cloves chopped garlic  
3 inches fresh ginger, minced  
1 ½ heads Napa cabbage thinly sliced and chopped  
1 ½ small yellow onions diced  
⅓ cups soy sauce or Bragg's Aminos

## Sauce to make when rehydrating

1 tbsp mayonnaise  
1 tsp garlic chili sauce  
Mix together (2 servings)

## Directions:

1. Heat a large pot with a little water or broth. Add ground turkey and cook for 6–7 minutes.
2. Stir in ginger, garlic, and onions. Cook for about 30 seconds until fragrant.
3. Mix in grated carrots, sliced Napa cabbage, and soy sauce (or Bragg's Aminos). Add a pinch of red pepper if desired.
4. Once the vegetables are cooked, drain any excess liquid.
5. Make a well in the center of the pot and crack in the eggs. Stir until fully cooked and combined.
6. Spread the mixture evenly on a parchment lined tray, gently press tray dividers set to 10 portions, into the tray. Cover with a lid and freeze until solid.
7. Freeze dry (my cycle time was 31 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add approximately ⅔ cups of hot water per 1 cup of freeze dried Turkey Egg Roll Bowl, mix well and then let sit for 5-10 minutes

**Notes:** This can be topped with fresh sliced green onions, and is excellent with the mayo, garlic, and chili sauce. This makes for a high-protein, low-carb meal with a moderate amount of healthy fats.

## Nutritional Value Per 1 cup of freeze dried mixture

Calories: 140 Protein: 14.5 g Fat: 6.7 g Carbohydrates: 5.3g Sugar: 1 g Fiber: 2 g