



Instant Pot Egg Roll In A Bowl

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

468.2 calories, 10.46 g carbohydrate, 2.54 g fiber, 7.92 g NET carbs, 27.13 g protein, 34.59 g fat

Ingredients

- 3 Tbsp(s) Thrive Market Coconut Aminos
- 2 pound(s) ground pork
- 6 clove(s) garlic, minced
- 1 inch(es) ginger, peeled and grated
- 1/2 cup(s) beef broth
- 2 Tbsp(s) rice vinegar
- 1 Tbsp toasted sesame oil
- 2 medium(s) carrots, shredded
- 1/2 head(s), medium head green cabbage, shredded

Preparation

1. Turn Instant Pot to Saute. Add the ground pork and cook, stirring until cooked through.
2. Add the garlic and ginger and cook another minute.
3. While the meat cooks, add the beef broth, aminos, rice vinegar and sesame oil to a small bowl. Set aside.
4. Add the shredded carrots and cabbage over the meat on a layer. Pour the sauce over. Close and lock the lid.
5. Set pressure to HIGH and time to 3 minutes.
6. When the time is up, allow the pressure to release naturally for 10 minutes, then vent, stir well and serve.

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