

Instant Pot Egg Roll Bowls

Craving Chinese food, but trying to stick to your low-carb resolution? Instant Pot Egg Roll Bowls are the perfect solution for an easy weekday meal to satisfy that craving without all the guilt!



Prep Time	Cook Time	Total Time
5 mins	1 min	6 mins

Course: Main Course Cuisine: Chinese Servings: 4 servings

Calories: 230kcal



4.91 from 52 votes

Ingredients

- 1 lb ground pork or any other meat you would like
- 1 bag pre-shredded cole slaw mix found in the produce section near the bagged salads
- 1/2 cup bone broth
- 1 tbsp soy sauce or to taste
- 1 tbsp garlic powder or to taste
- 1 tbsp ground ginger or to taste
- 1/2 tsp pepper or to taste
- 1/2 tsp salt or to taste

Wonton Chips

- 1 pkg egg roll wrappers cut into strips
- vegetable or olive oil

Instructions

1. Place Instant Pot on saute. Wait until it's hot and then add pork (or meat of choice). Add seasonings and soy sauce and brown meat. If you are using a lean meat (like ground pork or turkey) you will not need to drain it when its done. If you are using a higher fat meat (like ground beef) you will need to drain when browned.
2. When meat is browned, turn Instant Pot off and add the 1/2 cup bone broth. Add bag of cole slaw mix on top and DO NOT stir. Place lid on and turn knob to sealing position.
3. Set Instant Pot on manual high pressure for 0 minutes. If you have a newer model Instant Pot, you select the pressure cook button instead for 0 minutes. And, yes 0 minutes is totally a thing. Just keep hitting the - button until the timer reaches 0.
4. When timer is up, preform a quick release. When pressure is released, open carefully and give everything a quick stir.
5. Spoon into bowls and enjoy!

Wonton Chips

1. Preheat oven to 400 degrees while Instant Pot is preheating on saute.
2. Cut egg roll wrappers into strips and bush with olive or veggie oil. I use egg roll wrappers because they are more sturdy then traditional wonton wrappers when you are trying to scoop, but you can use whatever you have (even tortilla chips).
3. Bake in preheated oven for 4-5 minutes until bubbly and brown. WATCH these carefully because they go from brown to burned very fast!
4. Let chips cool and enjoy with your egg roll bowls!

Nutrition

Serving: 1cup | Calories: 230kcal | Carbohydrates: 6g | Protein: 15g | Fat: 16g | Saturated Fat: 6g | Cholesterol: 54mg | Sodium: 232mg | Potassium: 381mg | Fiber: 2g | Sugar: 2g | Vitamin A: 75IU | Vitamin C: 28mg | Calcium: 41mg | Iron: 1.4mg