

Low Carb Mongolian Ground Beef Cabbage

Ingredients

1	lb	ground beef
½	small	onion, finely diced
3	C	green cabbage, shredded
3	cloves	garlic, minced
2	T	soy sauce (or coconut aminos)
1	T	sesame oil
1	T	rice vinegar
1	t	ground ginger
¼	t	red pepper flakes (optional)
		Salt & black pepper, to taste
2		green onions, sliced (for garnish)
1	T	toasted sesame seeds (optional)

Directions

1. Heat a large skillet over medium-high heat. Add ground beef and cook until browned.
2. Drain excess fat, then add diced onion and sauté until soft.
3. Stir in garlic and ground ginger; cook until fragrant.
4. Add shredded cabbage and cook until tender but still slightly crunchy.
5. In a small bowl, mix soy sauce, sesame oil, rice vinegar, and red pepper flakes. Pour over the beef mixture and stir well.
6. Remove from heat and garnish with green onions and sesame seeds

Tips:

- Swap beef for ground turkey if you like
- Add extra chili flakes for more heat
- Serve on its own or over cauliflower rice