

5 from 54 votes

# Crack Slaw

**COURSE** MAIN COURSE

**CUISINE** AMERICAN, ASIAN

**PREP TIME** 10 MINUTES

**COOK TIME** 15 MINUTES

**TOTAL TIME** 25 MINUTES



This easy keto crack slaw recipe is basically a low carb egg roll without the outer shell, while still keeping all 4 of the amazing flavors.

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## INGREDIENTS

- 1-2 teaspoons cooking oil vegetable oil, avocado oil, olive oil, etc.
- 1 medium white onion diced (about 1 cup)
- 1 pound ground beef
- 3-4 cloves of garlic minced (or 1 tablespoon garlic paste)
- 1-2 tablespoons ginger paste or finely minced ginger, divided
- ½ teaspoon sea salt
- ½ teaspoon pepper
- 14 oz. bag of tri-color coleslaw
- 4 tablespoons light soy sauce
- 1 tablespoon rice vinegar or mirin
- 1 teaspoon chili sesame oil optional
- 1 teaspoon sesame oil
- 1 teaspoon Sriracha optional
- 2-3 green onions sliced for garnish

## INSTRUCTIONS

- 1 In a large skillet, saute the onion in cooking oil over medium heat until soft and translucent.
- 2 Add the ground beef, garlic, ginger, salt and pepper and continue cooking, stirring regularly, until the meat is cooked through and no pink remains.
- 3 Add the coleslaw and stir into the beef mixture, cooking several more minutes until the cabbage has wilted.
- 4 In a small bowl, combine soy sauce, rice vinegar, chili sesame oil, sesame oil, and Sriracha. Add a additional tablespoon of ginger paste, if desired.
- 5 Pour soy sauce mixture over the cooked crack slaw and toss to combine.
- 6 Garnish with chopped green onions and serve hot.

## NOTES

### Storage:

Keep refrigerated in an airtight container for 3-4 days.

### Notes:

Minced garlic or fresh minced ginger can be used. However, the pastes infuse flavor through the entire dish and they are convenient.

Crack slaw has a medium spice level. If desired, omit or reduce the chili sesame oil and sriracha. You can also reduce the ginger if needed.

Do not cook the onions in sesame oil due to the strong unique flavor. It can be over powering.

Drain the excess grease off the beef if you are using one with higher fat content.

The soy sauce adds a lot of saltiness. Salt at the end if desired.

Consider using a slaw blend that has carrots and purple cabbage for color and nutrition. You can also shred these and add them yourself if you are using regular cabbage.

Mirin is similar to rice vinegar but sweeter. You can find it on the Asian aisle at most stores.

For a sweeter slaw, add 1 tablespoon of brown sugar to the soy mixture. This will increase the total carbs.

Any ground meat can be used in this dish.

## NUTRITION

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Calories: 371kcal | Carbohydrates: 11g | Protein: 23g | Fat: 26g | Saturated Fat: 9g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Trans Fat: 1g | Cholesterol: 81mg | Sodium: 1421mg | Potassium: 584mg | Fiber: 3g | Sugar: 5g | Vitamin A: 161IU | Vitamin C: 41mg | Calcium: 80mg | Iron: 3mg