

Easy Cabbage and Ground Beef Stir Fry for a Low-Carb Weeknight Dinner

Savory Low-Carb Cabbage and Beef Stir Fry: Big Flavor, No Guilt



TIME
30 min

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INGREDIENTS

- 1 lb ground beef (preferably lean)
- 4 cups green cabbage, finely shredded
- 1 medium onion, thinly sliced
- 2 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 2 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp red pepper flakes (optional)
- Salt & pepper, to taste
- 1 tbsp olive oil, for cooking
- 2 green onions, chopped (for garnish)

DIRECTIONS

- 1.** Prep Your Ingredients: Shred the cabbage, slice the onion, mince the garlic, and grate the ginger. Set everything within reach.
- 2.** Brown the Ground Beef: Heat olive oil in a large skillet or wok over medium-high heat. Add the ground beef and break it apart with a spatula. Season with salt and pepper, and cook until browned. Remove from pan and set aside.
- 3.** SautØ the Aromatics: In the same skillet, add onion, garlic, and ginger. Stir-fry for 2-3 minutes until onions are translucent and fragrant.
- 4.** Add the Cabbage: Turn heat to high. Add the shredded cabbage and stir-fry for 5-7 minutes, allowing it to wilt and slightly caramelize.
- 5.** Combine & Finish: Return the ground beef to the skillet. Add:
 - 6.** 2 tbsp soy sauce
 - 7.** 1 tbsp sesame oil
 - 8.** 1 tbsp rice vinegar
 - 9.** 1 tsp red pepper flakes
- 10.** Mix everything together and stir-fry for another 2-3 minutes, allowing the flavors to meld.
- 11.** Garnish & Serve: Remove from heat. Sprinkle with chopped green onions and serve hot-optionally over cauliflower rice or on its own.

SWAPS & NOTES

& Substitutions Ground beef: Ground turkey or chicken works

too if you're looking to lighten it up.

Cabbage: Use green, but Napa or savoy cabbage are tasty options as well.

Vinegar: Apple cider vinegar is a fine stand-in for rice vinegar.

Add shredded carrots, mushrooms, or bok choy.

TIPS FOR SUCCESS

Shred the cabbage thinly for quicker cooking and better caramelization.

Use high heat once cabbage is in to get those golden edges.

Meal prep tip: Make a double batch and portion for weekday lunches.

Add sesame seeds or slivered almonds at the end. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-cabbage-and-ground-beef-stir-fry-for-a-low-carb-weeknight-dinner/>