

Asian Skillet Slaw

INGREDIENTS:

- 2 T butter or coconut oil
- 4 cloves garlic, minced
- 2" piece ginger, minced
- 1 lb. ground beef
- 1 tsp. Chinese 5 spice
- 1 ¼ tsp. Sea salt
- 1 pinch red pepper flakes
- ½ - 1 cabbage very thinly sliced into strips
- 4-5 carrots, thinly sliced
- 1 red pepper, thinly sliced
- 4-5 scallions, greens and some of the white
- 2 T chopped cilantro
- 1 ½ T chopped mint
- 1 ½ tsp. White sesame seeds (optional)

PROCESS:

- Heat oil in large skillet over medium-low heat. Add the garlic, ginger, and spices.
- Add the beef and cook through.
- Add the vegetables all at once. Gently stir from the bottom frequently while it cooks.
- Cook until the cabbage is tender (about 5-6 minutes). Add the herbs, sesame seeds, and scallions.

ENJOY!

From: www.worthcooking.net

