

Low Carb Buffalo Crack Slaw

Submitted by Lisa Hopper

- 1 pound ground beef
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1 1/2 pounds cabbage
 - 1 teaspoon garlic, minced
 - 2 tablespoons sesame oil
 - 2 tablespoons soy sauce
 - 2 tablespoons hot sauce
 - 1 teaspoon apple cider vinegar
 - 2 teaspoons Splenda, or liquid equivalent
 - 1/2 teaspoon red pepper, crushed (optional)
1. In a large frying pan, brown ground beef. Season with salt, pepper, onion powder, and garlic powder.
 2. Remove ground beef from pan, and set aside. Leave oil in the pan.
 3. Add garlic, sesame oil, and cabbage to pan. Cook until cabbage begins to brown.
 4. Add soy sauce, hot sauce, apple cider vinegar, sucralose, and red pepper to frying pan.
 5. Return ground beef to pan, and heat for two minutes.
 6. Serving Size: 1-2 cups Serves: 6

