



Slow Cooker Mongolian Ground Beef Chow Mein

Description

Ingredients

- 1 1/2 pounds ground beef
- 3 garlic cloves, minced
- 4 tablespoons soy sauce
- 2 tablespoons hoisin sauce
- 1 tablespoon sesame oil
- 1 tablespoon grated fresh ginger
- 1/2 teaspoon black pepper
- 1/4 teaspoon red pepper flakes (optional, for a little kick)
- 1/4 cup brown sugar
- 1/2 cup beef broth
- 1 large onion, thinly sliced
- 1 bag (14 oz) coleslaw mix (without dressing)
- 8 oz chow mein noodles, cooked according to package instructions
- Sesame seeds and sliced green onions for garnish

Directions

1. Begin by browning the ground beef in a skillet over medium-high heat. Halfway through, add the minced garlic so it gets nicely golden but not burnt. Once the beef is fully cooked and crumbled, drain any excess grease and transfer the beef and garlic to your slow cooker.
2. In a small bowl, whisk together soy sauce, hoisin sauce, sesame oil, fresh ginger, black pepper, red pepper flakes (if using), brown sugar, and beef broth until well combined. Pour this luscious sauce over the beef in the slow cooker.
3. Next, add the thinly sliced onions and give everything a good stir to make sure the flavors are mingling.
4. Cover and cook on low for 4-5 hours or on high for 2-3 hours.
5. About 30 minutes before you declare it's suppertime, stir in the coleslaw mix. This will cook it down just enough so it's tender, but still has some crunch.
6. Just before serving, toss in your cooked chow mein noodles and mix well to ensure they're thoroughly coated in that rich, savory sauce.

7. Garnish with a sprinkle of sesame seeds and green onions, and there you have itâ?? a meal your family is gonna ask for by name.

Variations & Tips

â?? For those with a tricky palate at home, you can easily make this dish less spicy simply by omitting the red pepper flakes.

â?? Not a beef fan? Swap in ground turkey or chicken for a lighter take.

â?? If youâ??re looking to sneak in more veggies, stir in some snap peas, carrots, or bell peppers during the last hour of cooking.

â?? Leftovers (if there are any!) make tasty fillings for lettuce wraps for a lighter, yet equally satisfying lunch the next day.

Happy slow cooking, folks! This Slow Cooker Mongolian Ground Beef Chow Mein is a true crowd-pleaser and just the perfect dish to spice up your weeknight dinner routine.

Category

1. Crockpot Recipes

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