

Korean Beef

GROUND BEEF BOWLS



Ingredients

1-1 ½ POUNDS GROUND BEEF
1 TBSP POWDERED GINGER
1 TBSP MINCED GARLIC (OR MORE)
SIRACHA OR CHILI PASTE
2 TSP SESAME OIL
2 TBSP BROWN SUGAR (HONEY WILL ALSO WORK)
¼ CUP SOY SAUCE
2 TBSP WATER
VEGGIES SLICED OR GRATED
COOKED RICE

Directions

MIX TOGETHER SOY SAUCE, BROWN SUGAR, SESAME OIL, GARLIC, GINGER, AND CHILI PASTE/SIRACHA IF USING.

COOK GROUND BEEF ON MEDIUM HEAT, BREAKING IT UP AS YOU GO, THEN DRAIN GREASE.

ADD SAUCE TO GROUND BEEF AND COOK ANOTHER 1-3 MINUTES.

SAUTE VEGETABLES IF DESIRED

ADD RICE, MEAT, AND VEGETABLE TO BOWL AND ENJOY