



From Our Kitchens

Korean Ground Beef Bowls

Ingredients

¼ cup brown sugar, packed

¼ cup reduced sodium soy sauce

2 teaspoons sesame oil

½ teaspoon crushed red-pepper flakes, or more to taste (optional)

¼ teaspoon ground ginger

1 tablespoon vegetable oil

3 cloves garlic, minced

1 pound lean ground beef

2 green onions, thinly sliced

1 teaspoon sesame seeds

Suggested vegetables: lightly sautéed or steamed shredded carrots, snap peas, or broccoli florets

Brown rice, for serving

Instructions

1. In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes and ginger.
2. Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
3. Stir in soy sauce mixture and green onions, allowing to simmer until heated through, about 2 minutes. Stir in desired vegetables.
4. Serve immediately over brown rice, garnished with sesame seeds, if desired.

Adapted from Damn Delicious