



## 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*