Korean Beef Bowls

Servings: 4

Ingredients:

- 1lb ground beef (can easily sub with chicken or turkey)
- 3 cloves garlic, minced
- 1/3 c brown sugar
- 1/3 c soy sauce/tamari
- 1 Tbsp sesame oil
- 1/4 tsp ground ginger
- 1/4 tsp pepper
- 1/2 tsp red pepper flakes
- 3 cups cooked rice
- sesame seeds for garnish

Directions:

1. Cook the ground beef over medium heat until cooked through and browned
2. Mix remaining ingredients together to make a sauce
3. Drain the oil from the skillet then pour the sauce over the beef, stirring it together
4. Serve the beef (and the sauce) over rice and garnish with sesame seeds

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Revision #1
Created 27 May 2023 19:45:46 by themanicotti
Updated 22 December 2023 02:54:44 by themanicotti