

Korean Ground Beef and Rice Bowls

This will become a family favorite! This makes the perfect weeknight meal.

Ingredients

1 pound Sweetwater Farm Natural Beef
3 garlic cloves, minced
¼ cup packed brown sugar
¼ cup reduced sodium soy sauce
2 teaspoons sesame oil
¼ teaspoon ground ginger
¼ teaspoon crushed red pepper flakes
¼ teaspoon pepper
2 cups hot cooked white or brown rice
sliced green onions and sesame seeds for garnish

Instructions

1. In a large skillet cook the ground beef and garlic breaking it into crumbles over medium heat until no longer pink.
2. In a small bowl whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes and pepper. Pour over the ground beef and let simmer for another minute or two.
3. Serve over hot rice and garnish with green onions and sesame seeds.

Notes

Recipe inspired by "Taste of Home" website.