

KOREAN BEEF RICE BOWLS

Ingredients

1/4 cup low sodium soy sauce*

2 teaspoons light brown sugar

1 teaspoon sesame oil

1/2 teaspoon crushed red pepper flakes

cooking spray

1 pound 93% lean ground beef

1/4 cup chopped yellow onion

2 garlic cloves, crushed

1 teaspoon fresh grated ginger

3 cups cooked brown rice

1 small sliced cucumber, skin on

2 tablespoons Gochujang, or more if desired*

1/2 tablespoon sesame seeds, plus more for topping

2 sliced scallions, white and green parts

Steps

Combine the soy sauce, 2 tablespoons water, brown sugar,

sesame oil and red pepper flakes in a small bowl.

Heat a large deep nonstick skillet over high heat, spray with oil and add the ground beef. Cook, breaking the meat up with a wooden spoon until cooked through, about 5 minutes.

Add the onion, garlic and ginger and cook 1 minute.

Pour the sauce over the beef, cover and simmer on low heat 10 minutes.

To assemble the bowls, place 3/4 cup rice in each bowl, top with scant 2/3 cup beef, cucumbers, Gochujong, sesame seeds and scallions.

source:allsimplyrecipes.com