

# Korean Beef Rice Bowls

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These Korean Beef Rice Bowls can be on your dinner table in only 20 minutes! We're talking delicious, quick, easy, and budget-friendly dinner!

### Ingredients

- 1 cup rice uncooked
- 1 lb. ground beef lean
- 3 cloves garlic minced
- Sauce
  - 1 tablespoon brown sugar packed
  - 1 teaspoon ginger ground
  - $\frac{1}{4}$  teaspoon red pepper flakes
  - $\frac{1}{4}$  cup soy sauce low sodium
  - 1 tablespoon sesame oil
- Garnish
  - 2 green onions chopped
  - 1 tablespoon sesame seeds

### Method

1. Cook the rice according to package instructions. I usually use Basmati rice and I add 2 1/2 cups of water for 1 cup of rice and about 1 tbsp of coconut oil.

2. In a large skillet cook the ground beef first for about 3 minutes, breaking it into crumbles, over medium heat. Stir in the garlic and cook for another 5 minutes until the beef starts to brown and no longer pink.

3. In a small bowl whisk together the sauce ingredients and pour over the beef. Let it simmer for another 1 minute while stirring, then remove from heat.

4. Garnish with sesame seeds and green onions.

5. Serve hot over cooked rice.

## **Prep**

- Prep: 5 Minutes
- Cook: 15 Minutes
- Total Time: 20 Minutes

**Source: Jo Cooks (4 servings)**