



20 Minute Korean Beef & Rice

Ingredients:

1 lb ground beef
1/2 cup brown sugar
1/4 cup soy sauce
1/8 cup rice vinegar
1 tbsp sesame oil
1 tbsp olive oil
1/4 tsp ground ginger
1 tsp red pepper flakes, optional
1 tbsp asian seasoning blend

rice, for serving
green onions and toasted sesame seeds as garnish

Directions:

In a large skillet over medium-high heat, add sesame and olive oils to the pan and heat until shimmering.

Add ground beef and season with asian seasoning blend, cooking until beef is thoroughly cooked – about 10–12 minutes. ** If you want to sneak in some vegetables, now would be the time. Puree 1/2 yellow onion and 1 zucchini until smooth, and add with ground beef when cooking.

Reduce heat to low and add soy sauce, brown sugar, rice vinegar, ginger, and red pepper flakes. Bring to a boil.

Reduce heat and let simmer 3–5 minutes, or until your rice is done cooking. Serve over brown rice with your favorite vegetables.