

Korean Beef Bowl

skillet meal 

Recipe adapted from: *Harvest of the Season - Utah Agriculture in the Classroom* Serves 6 - 8

Ingredients

2 pounds ground beef
1 cup uncooked rice
1/4 cup sugar
1/4 cup vinegar
1/8 cup water
3 cups shredded carrots
3 cups sliced cucumber
1/3 cup mayonnaise
1 teaspoon sriracha sauce
Pinch of cayenne pepper
1/3 cup reduced-sodium soy sauce
1 T water + 1 teaspoon cornstarch
1/4 cup brown sugar
2 T. minced garlic
1/2 t. ground ginger
1/2 t red pepper flakes

Directions

1. Prepare rice according to the package instructions.
2. In a large bowl, prepare the brine by whisking together the sugar, vinegar, and water until the sugar dissolves. Mix the shredded carrots into the brine.
3. Prepare the sauce - In another bowl, whisk together soy sauce, water, and cornstarch. Stir to remove lumps. Add brown sugar, garlic, ginger, and red pepper flakes. Set aside.
4. Preheat the skillet to medium heat. Add ground beef and break into small pieces. Cook beef approximately 6 minutes. Drain fat.
5. Add sauce to beef and simmer for 2-3 minutes.
6. To serve, place 1/2 cup rice in bowl or on tray and top with 1/2 cup beef. Place 1/4 cup pickled carrots on one side of beef and 1/4 cup cucumber slices on the other side. Drizzle with 1 Tbsp Sriracha mayo.

Extension

UtahStateUniversity.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

CREATE SNAP-ED
BETTER HEALTH. ED