

Wagyu Korean Ground beef over Rice



TIME TO PREPARE
10 minutes



COOK TIME
30 Min



SERVING
6 People



PREPARED BY
Greenleaf.bbq

Ingredients

1lb	Any beef preferably 90/10 the more lean the better
6	Garlic Cloves
½ cup	Brown Sugar
½ cup	Reduced Sodium Soy Sauce
2 tbsp	Sesame Oil
½ tsp	Ground Ginger

Steps to Cook

- 1) In a large skillet cook the ground beef of choice and breaking it into crumbles over medium heat until no longer pink also combine
- 2) in a small bowl whisk together the brown sugar, soy sauce, sesame oil, ginger and salt and pepper.

<i>½ tsp</i>	<i>Salt and peper or to taste</i>
<i>1 cup</i>	<i>Red and green bell pepper, red onion and</i>
<i>½ cup</i>	<i>Cilantro</i>
<i>2 cups</i>	<i>Jasmin rice or desired rice</i>
<i>-</i>	<i>Sliced green onion and sesame seeds for garnish</i>

<p>Pour half of the mix once the ground beef is drained and put back in the skillet and let simmer for an additional 2 minutes.</p>
<p>3) In a separate pan on medium heat add the red onion, cilantro, red and green bell pepper and pour the remaining sauce mix over them and saute for 5 minutes or until the bell peppers become soft.</p>
<p>4) Add the veggies to the meat and mix well</p>
<p>5) Plate the rice and top with the mixture and add the garnish (sesame seed and sliced green onion)</p>