

Korean Ground Beef and Rice Bowls

Author: Alyssa Prep time: 5 mins Cook time: 15 mins Total time: 20 mins

Korean Ground Beef and Rice Bowls are so incredibly easy to make and will become a family favorite! This makes the perfect weeknight meal.

Ingredients

- o 1 pound lean ground beef (90% lean)
- o 3 garlic cloves, minced
- o ¼ cup packed brown sugar
- o ¼ cup reduced-sodium soy sauce
- o 2 teaspoons sesame oil
- o ¼ teaspoon ground ginger
- o ¼ teaspoon crushed red pepper flakes
- o ¼ teaspoon pepper
- o 2 cups hot cooked white or brown rice
- o sliced green onions and sesame seeds for garnish

Instructions

1. In a large skillet cook the ground beef and garlic breaking it into crumbles over medium heat until no longer pink.
2. In a small bowl whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes and pepper. Pour over the ground beef and let simmer for another minute or two.
3. Serve over hot rice and garnish with green onions and sesame seeds.

Notes

Recipe inspired by [Taste of Home](#)

Recipe by **The Recipe Critic** at <https://therecipecritic.com/2017/04/korean-ground-beef-rice-bowls/>

