

# KOREAN BEEF BULGOGI RICE BOWL RECIPE

Recipe Courtesy: Grace Derochais, Blue Cross Blue Shield of Michigan

## Ingredients

- 1 lb. 95% lean ground beef
- 1/4 cup low-sodium soy sauce
- 2 tbsp. brown sugar
- 2 tsp. sesame oil
- 3 cloves garlic, minced
- 1 tsp. ground ginger or 1 ½ inch piece of fresh ginger grated
- 1/2 tsp. red pepper flakes
- 3 green onions, thinly sliced
- 1 cup red cabbage, shredded
- 1 cucumber, sliced thin
- 1 red pepper, sliced thin
- 1 cup carrots, shredded
- 1/4 cup cilantro to garnish
- 2 cups prepared brown rice or white rice or quinoa
- Mixed greens (to serve as a salad)
- 1 egg (over easy or medium) – optional
- Garnish with roasted seaweed (optional)

## Instructions

1. Cook the brown rice or quinoa accordingly.
2. Stir together the soy sauce, brown sugar, sesame oil, ginger, garlic, red pepper flakes, and green onions.
3. Heat a skillet over medium high heat. Add the beef and brown for 4-6 minutes, breaking up as you go. Add the soy sauce mixture and simmer for 3-4 minutes.
4. Optional to cook fried egg to liking. I recommend over-easy.
5. Serve beef over rice with vegetables and egg. Enjoy!