

Korean Ground Beef and Rice Bowls

★★★★★
4.89 from 437 votes

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.

Course: Main Course

Cuisine: Chinese

Keyword: Korean rice bowls, ground beef, rice bowl, korean, ground beef with rice bowls

Servings: 4

Calories: 238 kcal

Author: Alyssa Rivers

Ingredients

1 pound lean ground beef 90% lean
3 garlic cloves minced
1/4 cup packed brown sugar
1/4 cup reduced-sodium soy sauce
2 teaspoons sesame oil
1/4 teaspoon ground ginger
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon pepper
2 cups hot cooked white or brown rice
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.



Print

Korean Ground Beef and Rice Bowls <https://therecipecritic.com/korean-ground-beef-rice-bowls/>