

KOREAN BEEF

Ingredients:

1.5 LBS Flank Steak - Cut into
1/4" Strips
1/4 cup Cornstarch
1 1/2 TBSP Sesame Oil
2 tsp Garlic - Minced
1/2 tsp Fresh Ginger - Minced
2 tsp Rice Vinegar
1/2 cup Liquid Aminos
1/2 cup Beef Broth
3/4 cup Brown Sugar
1/4 tsp Red Pepper Flakes
3-4 Green Onions - Chopped

Directions:

1. Place sliced flank steak and cornstarch into a Ziplock bag. Close & shake until completely coated. Then add to the bottom of a 6 quart crock pot.
2. Add sesame oil, garlic, fresh ginger, rice vinegar, liquid aminos, beef broth, brown sugar & red pepper flakes to a medium bowl. Whisk until well combined and pour over flank steak.
3. Cover and cook low for 4-8 hours until tender.
4. Serve over rice and garnish with green onions.

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