RECIPE  
Korean Ground Beef and Rice

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# Ingredients

* 1 pound 90% lean ground beef
* 3 garlic cloves, minced
* ¼ cup packed brown sugar
* ¼ cup reduced-sodium soy sauce
* 2 tsps sesame oil
* ¼ tsp ground ginger
* ¼ tsp crushed red pepper flakes
* ¼ tsp pepper
* 2 cups cooked white or brown rice
* Green onions, sliced and sesame seeds

# Preparation

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.