



# Mauigirl's Loco Moco



Bring a touch of Hawaii to your home with this island favorite. Ground beef, gravy, rice & eggs make an ono (yummy) breakfast that will please your ohana (family). I serve freshly sliced pineapple on the side for a complete island breakfast.

By Uncle Ben's

**Prep:** 10 mins

**Cook:** 20 mins

**Total:** 30 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

1 (8.8 ounce) pouch UNCLE BEN'S® Ready Rice® Jasmine  
1 (.87 ounce) package less sodium brown gravy mix  
1 pound extra lean ground beef  
1 tablespoon olive oil  
1 large onion, sliced  
4 large eggs

## Directions

### Step 1

Prepare jasmine rice as directed on package.

### Step 2

Prepare brown gravy mix as directed on package and keep warm.

### Step 3

Divide ground beef into 4 servings and shape into patties.

### Step 4

Heat oil in large skillet over medium heat. Saute onion until translucent, 8 to 10 minutes. Push onions to sides of skillet. Place burger patties in center of skillet. Pan fry until cooked throughout, about 4 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).

### Step 5

Spray a separate skillet with non-stick cooking spray; set over medium-high heat. Cook eggs until set, and turn.

### Step 6

Divide hot cooked rice into mounds on four plates. Sprinkle each mound with 1/4 of sauteed onions. Place 1 beef patty over each stack. Ladle gravy over ground beef patty. Place 1 over-easy egg over each patty/gravy. Enjoy!

## Cook's Note:

Substituting Spam for ground beef is popular in the islands. The big eaters in our family ask for two eggs!

## Nutrition Facts

### Per Serving:

450.7 calories; protein 28.8g 58% DV; carbohydrates 29.6g 10% DV; fat 22.8g 35% DV; cholesterol 251.7mg 84% DV; sodium 340.7mg 14% DV.

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