

# ground beef bulgogi



4.9 from 28 reviews

Author: Seonkyoung Longest   Total Time: 10 mins   Yield: 4



Easy and quick weeknight menu, perfect with any vegetable side dish you choose to make but no side needed! All you need is a hint of chili sauce for a kick!

## INGREDIENTS

SCALE

- 1 lb grass-fed or lean ground beef
- 10 cloves garlic, chopped
- 1 medium size onion, small diced
- 4 tbsp soy sauce
- 2 tbsp mirin
- 2 tbsp sugar
- 1 tbsp plum extract (you can substitute to apricot jam)
- 1/2 tsp black pepper
- 1 tbsp cooking oil
- 3 to 5 green onions, chopped
- 1 tsp sesame seeds
- 1 tsp sesame oil

## INSTRUCTIONS

1. Combine beef, garlic, onion, soy sauce, mirin, sugar, plum extract and black pepper in a large mixing bowl. You could marinate for 30 minutes but it's not necessary because we are using ground beef.
2. Heat a wok or large skillet over high heat, add cooking oil and swirl to coat. Add the ground beef mixture, stir fry and break down the meat into little pieces. Keep cooking until there's no moisture and everything is fully cooked, about 8 to 10 minutes. Stir occasionally.
3. When you hear the sizzling and all the moisture from the beef is gone, toss in chopped green onions. Turn off the heat. Add sesame seeds and oil, toss one last time.
4. Serve on top of warm cooked rice, cauliflower rice, quinoa or any starch of your choice. Garnish with some sesame seeds and green onion if you'd like to. Enjoy!

Serves 4

Calories Per Serving: **177**

% DAILY VALUE					
Total Fat 7.9g	<b>10%</b>	Trans Fat 0.2g	Sodium 1070.9mg	<b>47%</b>	Total Carbohydrate 19.9g <b>7%</b>
Dietary Fiber 1.1g	<b>4%</b>	Sugars 13.6g	Protein 7.1g	<b>14%</b>	Vitamin A 18.6µg <b>2%</b>
Vitamin C 6mg	<b>7%</b>				

**Find it online:** <https://seonkyounglongest.com/ground-beef-bulgogi/>