

Korean Beef Skillet

Makes 8 servings.

Ingredients

- 4 Tbsp sesame oil
- 2 pounds ground beef (96% lean is a good idea—less draining needed)
- 1 tsp minced ginger
- 4 Tbsp chili-garlic paste
- 1/2 cup brown sugar
- 1/2 cup soy sauce
- 1 1/2 cups sliced green onions
- 8 cups sliced cucumbers
- 2 tsp sesame seeds
- 3 cups kimchi (this is good on its own, but sorta gross to throw in some cauliflower rice...)
- 8 cups cooked cauliflower rice
- Salt and pepper, to taste

Instructions

1. In a bigass skillet, heat 2 Tbsp sesame oil over medium-high heat. Cook and crumble ground beef until browned. Drain excess fat. Stir in ginger, chili-garlic paste, brown sugar, and soy sauce. Cook until heated, about 4 minutes. Transfer to 1-cup section of meal prep containers. Garnish with half of the green onions.
2. In a large bowl, toss cucumbers with 2 Tbsp sesame oil and sesame seeds. Salt and pepper to taste. Transfer to second 1-cup section of meal prep containers.
3. In a large bowl, toss together kimchi, cauliflower rice and remaining green onions. Spoon into 2-cup section of meal prep containers. Refrigerate until ready to reheat and enjoy.

Notes

Recipe was from a cute lil insert that came with my meal prep containers :)
More meal prep recipes available [here](#).