
Korean Beef and Rice



Servings: 4

1. In a large skillet, cook beef and garlic over medium heat until beef is no longer pink, breaking into crumbles. Meanwhile, in a small bowl, mix brown sugar, soy sauce, oil and seasonings.
2. Stir sauce into beef, heat through. Serve over rice and cauliflower.

- 1 pound lean ground beef
- 3 cloves garlic, minced
- 1/4 cup brown sugar, packed
- 1/4 cup soy sauce, low sodium
- 2 teaspoons sesame oil
- 1/4 teaspoon ground ginger
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 2 1/2 cups hot cooked rice
- 3 green onions, thinly sliced
- 2 cups cauliflower, steamed

This recipe from Sara Carrel