

Korean Rice Bowls

Total Time: 1 Hour 30 Minutes | Servings: 4

INGREDIENTS:

- 1 lb. Goodness Grazeious™ Grass-Fed Organic Ground Beef
- 1/4 cup soy sauce
- 1/4 cup sesame oil
- 1/4 cup teaspoons brown sugar
- 1-1/4 teaspoons minced garlic
- 3 to 4 serving portions of steamed rice
- 3 to 4 eggs (depending on the serving portion)
- Vegetable oil

RECOMMENDED VEGETABLES:

- 1 cup spinach
- 1/2 cup white button mushrooms, thinly sliced
- 1/2 cup enoki mushrooms
- 3/4 cups carrots, julienned
- 2 teaspoons fine sea salt

FOR SAUCE:

- 2 tablespoons gochujang paste
- 1 tablespoon sesame oil
- 1 tablespoon sugar
- 1 tablespoon water
- 1 tablespoon roasted sesame seeds
- 1 teaspoon vinegar
- 1 teaspoon minced garlic

DIRECTIONS:

1. Mix sauce ingredients in a bowl. Set aside.
2. Combine ground beef with soy sauce, sesame oil, brown sugar and minced garlic. Marinate for 30 minutes.
3. Heat vegetable oil in a skillet over medium-high heat. Cook vegetables of choice in oil and desired seasonings for 3 to 4 minutes. We recommend cooking spinach, button mushrooms, enoki mushrooms, and julienned carrots in sea salt.
4. Add oil and ground beef to skillet; cook on medium-high to high heat for 3 to 5 minutes.
5. Fry eggs in separate small skillet.
6. Add one portion of rice to each bowl and assemble; add ground beef, vegetables, sauce, and fried egg.

