

Korean Beef

Based on the recipe from The PinterTest Kitchen

Ingredients

2 Tablespoons sesame oil
3 cloves garlic
1 pound ground beef
1/3 cup brown sugar, packed
1/4 cup soy sauce
1 teaspoon ground ginger
1 teaspoon red pepper flakes
salt and pepper, to taste
1 pound broccoli florets, fresh or frozen
2 cups cooked rice (*not pictured*)
3-4 scallions (*not pictured*)

In a medium skillet, heat sesame oil and minced garlic cloves over medium high heat until fragrant. Add beef and cook until browned. Drain off excess fat and return to stove.

In a small bowl, whisk together brown sugar, soy sauce, ginger, red pepper flakes, salt and pepper.

Pour over beef, stir to coat and cook on medium low heat.

Add broccoli and toss to coat. Cover pan and cook for 10 minutes until the broccoli is steamed and the sauce is slightly thickened.

Remove from heat and serve over rice. Top with chopped scallions.

Makes 4 servings.

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