

EASY KOREAN BEEF



Ingredients:

- 1 T sesame seeds, toasted
- 2 tsp sesame oil
- 5 cloves garlic
- 1 T minced ginger root
- 1 lb ground beef
- 1/2 cup low sodium soy sauce
- 1/4-1/2 cup brown sugar
- 6 green onions, chopped, divided
- 1/4 tsp red pepper flakes



Instructions:

Warm skillet on low. Add sesame seeds and toast for 3 or more minutes, until golden. Do not add oil, just stir them gently in the skillet. Set aside.

Return empty skillet to medium heat. Saute garlic and ginger in sesame oil until fragrant, then add the ground beef and break into fine crumbles.

Once browned, add soy sauce, brown sugar, 1/2 of the green onions and red pepper flakes. Cook an additional 7 minutes. Remove from heat. Garnish with remaining onions and sesame seeds. Serve over rice or in lettuce wraps.

Recipe presented by: Deborah Anderson

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