



# SPICY VEGAN KOREAN BEEF BOWL

## INGREDIENTS

14 oz. Plant-Based Ground  
1 T vegetable oil  
4 garlic cloves, minced  
¼ cup packed brown sugar  
¼ cup soy sauce  
2 t sesame oil  
½ t ground ginger  
½ t crushed red pepper flakes  
2 cups cooked white rice  
3 sliced green onions  
Pinch of toasted sesame seeds

**TIME:** 20 mins (Prep Time 10 mins / Cook Time 10 mins) **SERVES:** 8-10 **TYPE:** Vegan

## INSTRUCTIONS

- 1 Heat vegetable oil in a large frying pan on medium heat. Add ground and cook for 5 minutes, breaking into crumbles as you stir.
- 2 Add garlic and cook for 3 more minutes until done.
- 3 In a small bowl, whisk brown sugar, soy sauce, sesame oil, ginger, and red pepper flakes.
- 4 Pour over the ground mixture and let simmer for 2-3 minutes.
- 5 Serve over hot rice and garnish with green onions and sesame seeds. Enjoy!

### QUICK TIP



Cutting carbs? Enjoy the Korean beef wrapped in lettuce leaves

**Before**  
the butcher™