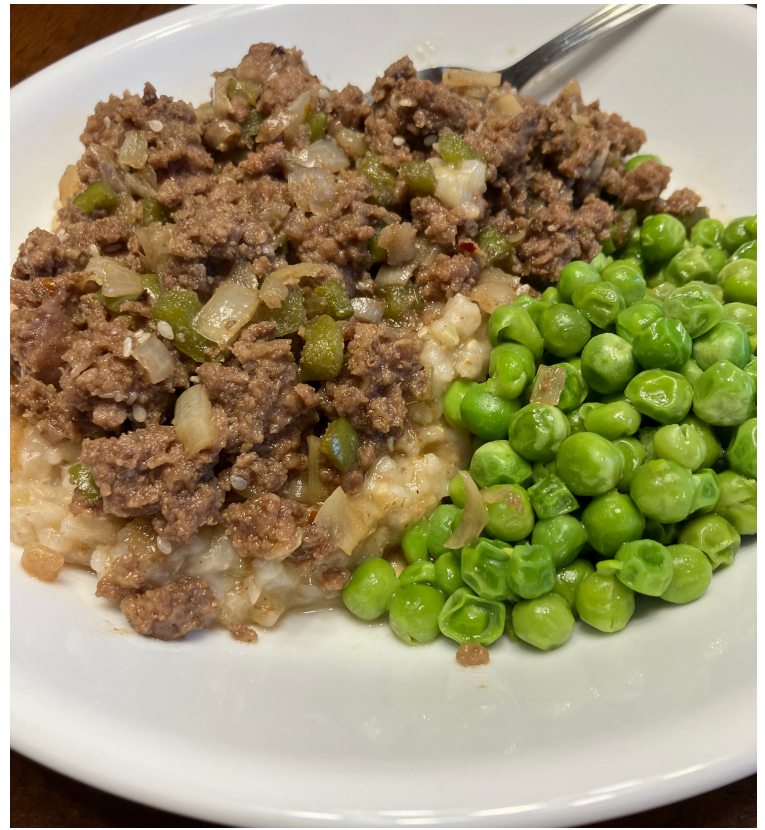


Korean Beef

Ingredients

- 1 lb Ground Beef
- 1 C Onion, diced
- 1 C Bell Pepper, diced
- ½ C Coconut Aminos
- 3 T Brown Sugar
- 2 tsp Garlic Powder
- ¼ tsp Red Pepper Flakes
- ½ tsp Ground Ginger
- 1 tsp Sesame Seeds



Directions

- Brown ground beef, onion, and bell pepper to a skillet over medium-high heat and cook until no pink in beef and onions and peppers are translucent, tender, and fragrant.
- While the beef, onions, and peppers are cooking; measure out all the other ingredients.
- When the beef is cooked, add in the rest of the ingredients and mix well. Allow to simmer on low for 5-15 minutes.
- Serve hot over rice.
- Store leftovers in an airtight container in the fridge for up to 5 days or the freezer for up to 3 months.
- Thaw overnight in the fridge and reheat in the oven, toaster oven, or microwave with a splash of water or bone broth.