

## **Beef Bulgogi Rice Bowl**

### **Ingredients**

½ cup Soy sauce  
¼ cup rice vinegar  
¼ cup brown sugar  
3 tbsp. sesame oil  
3 inches ginger root (peeled and chopped)  
5 cloves garlic chopped

In food processor or blender combine above ingredients and puree until smooth

1 ½ cup long grain rice  
1 lb. ground beef (or ground chicken or turkey)  
5 radishes thinly sliced  
6 green onions chopped fine, white and green parts separate  
2 carrots thinly sliced  
½ English cucumber thinly sliced

### **Preparation**

Rinse rice in strainer and add to pan with 3 cups of water. Bring to a boil, cover and reduce heat to simmer and cook for 20 minutes.

Heat large skillet over medium high heat, add ground beef, breaking up into browned crumbles. Add whites of green onions and combine with meat. Add blended sauce to skillet and lower heat to simmer. Cook for 10-15 minutes until sauce thickens a bit.

Spoon rice into bowl, add beef mixture and top with sliced vegetables of choice.