

## **Korean BBQ Inspired Beef Bowl**

Serve on cooked rice.

### **The Sauce:**

- ¼ cup brown sugar, packed
- ¼ cup soy sauce
- 1 Tbsp sesame oil
- ½ tsp crushed red pepper flakes

Whisk the above ingredients together in a small bowl, and set aside.

### **The Beef:**

- 1 Tbsp vegetable oil
  - 3 cloves garlic, minced
  - ½ tsp fresh ginger, grated
  - 1 medium-sized cooking onion, diced
  - ¾ cups frozen peas
1. Heat vegetable oil in a large skillet over medium high heat. Add onion, and cook until softened.
  2. Add the garlic and ginger and cook for another minute.
  3. Add ground beef and sauté, breaking it apart, until no pink remains. Drain off excess fat.
  4. Add the peas and the sauce, mix well, and cook until hot.
  5. Serve immediately, on top of cooked brown rice.