

Korean Beef

Ingredients

- 1 ½ - 2 pounds lean ground beef
- 1/2 cup brown sugar
- 1/2 cup GF soy sauce or coconut aminos
- 1 tablespoon sesame oil
- 3 cloves garlic, minced
- 1/2 teaspoon ground ginger
- 1/2 - 1 teaspoon crushed red peppers (depending on how spicy you like it)
- 1 cup diced carrots (or other veg)
- salt and pepper
- Optional: Green onions for garnish
- Freezer needs: 2 gallon sized freezer bags, 1 quart freezer bag

MAKE IT NOW: Cook rice by package directions, set aside. Heat a large skillet over medium heat and add sesame oil, garlic, and carrots. Cook only until the garlic is fragrant. Add beef and cook until nearly no pink left. (Optional, drain fat off). Add all ingredients and simmer until all the flavors have had a chance to meet each other. Serve over rice and garnish with green onions.

MAKE IT A FREEZER MEAL: Package rice in a small freezer bag, set aside. Heat a large skillet over medium heat and add sesame oil, garlic, and carrots. Cook only until the garlic is fragrant. Add beef and cook until nearly no pink left. (Optional, drain fat off). Add cooled mixture to the freezer bag along with the remaining ingredients. Seal to remove extra air. Place into a gallon size freezer bag with rice. Freeze.

MAKE IT FROM FROZEN: Defrost in refrigerator overnight. Cook rice by package directions, set aside. Heat a large skillet over medium heat and the contents of the gallon bag. Simmer until all the flavors have had a chance to meet each other. Serve over rice and garnish with green onions.

GRAIN FREE: Serve in a lettuce wrap.