

Korean Beef Bowl

Prep Time: 10 minutes Total Time: 20 minutes



Ingredients

- 2 carrots, shredded
- 2 large cucumbers, sliced
- 1 ¼ cup scallions, minced
- 3 cloves garlic, minced
- 2 tablespoons grated ginger
- 1 pound 93% lean ground beef
- 1 cup long grain brown rice
- 3 tablespoon low sodium soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoon honey
- ½ teaspoon red pepper flakes
- ½ teaspoon sesame seeds

Directions

1. Prepare rice.
2. Optional step: Pickle veggies by combining the carrots and cucumbers in a bowl and mixing with 3-4 tablespoons of rice vinegar and 1 teaspoon of honey. Set aside until ready to serve.
3. Use a large skillet to brown the beef over medium-high heat, breaking it into smaller pieces as it cooks.
4. When the beef is halfway done cooking, add 1 tbsp of the soy sauce and ⅔ of the scallions.
5. When the beef is fully browned, add the minced garlic and cook for 30 seconds.
6. In a small bowl mix together the rice vinegar, honey, ginger, red pepper flakes, and remaining soy sauce, then pour the mixture over the browned beef, while continuing to stir and cook for two minutes.
7. Remove from heat and sprinkle the remaining green onion.
8. Serve the beef hot, over rice, and garnish with chopped carrots and cucumbers, and sesame seeds.

NOTE: This recipe is considered high in sodium. Opt for other food choices that are lower in sodium throughout the day.

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Nutrition Facts

servings per container
Serving size (437g)

Amount per serving
Calories 480

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 560mg	24%
Total Carbohydrate 58g	21%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 9g Added Sugars	18%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 5mg	30%
Potassium 1060mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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South Korea

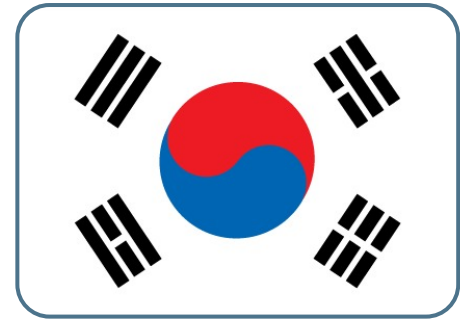
Food and Eating Practices



South Korea (Republic of Korea) is situated in East Asia, occupying the southern half of the Korean Peninsula. This country experiences a temperate climate with humid summers and dry, cold winters. The population is around 52 million and although Korean is the official language, English is also widely used.

Overview of Common Foods

- **Staples:** Rice, Noodles, Soup, Kimchi, Rice vinegar, and Rice wine.
- **Produce:** Bok choy, Lettuce, Cabbage, Squash, and Korean chili peppers.
- **Animal products:** Beef, Pork/pork belly, Fish, Chicken.
- **Herbs/spices/flavorings:** Gochugaru (red pepper flakes), Huchu (ground black pepper), Gochujang, Chamgireum (toasted sesame oil), Toasted sesame seeds, Jeot (Korean fish sauce), Doenjang (soybean paste).



Agricultural Products of Korea

Rice, soybeans, barley, corn, and wheat make up a large majority of Korean agricultural products.

Common animal products popular in Korean dishes are beef, pork, fish, and chicken.

Suggested Substitutions for Cultural Foods

Many traditional ingredients can be accessed in Virginia, but it is suggested that substitutions or moderations for ingredients like gochujang, soybean paste, and soy sauce be made to reduce sodium intake.

Other Useful Information about Korea

Buddhist and Confucian religions influenced Korean traditional health and nutrition beliefs including “food is medicine” and herbal remedies.

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