Ground Beef

 Korean Stir Fry

Ingredients

2 lb ground beef

3 minced garlic cloves

1 red bell pepper, small dice

2 zucchini, medium dice

1 C snap peas

3 carrots, medium dice

8 oz crimini mushrooms, sliced

½ tsp ground ginger

¼ C brown sugar

½ C tamari

1 T sesame oil

1 T Sriracha

S+P TT

1 C brown rice

2.5 C water for rice

Procedure

1) Begin cooking the rice as normal

2) Cook the ground elk and garlic together, breaking up until browned. Set aside in large bowl when done

3) In the same pan, Saute the vegetables with the garlic until al dente

4) While the vegetables are cooking, combine the ginger, brown sugar, tamari, sesame oil and sriracha in a bowl and whisk well

5) Once the vegetables are done, add to bowl with beef and pour the sauce on top, mixing VERY well to combine. When rice is done add to the bowl, check seasoning, add S+P as necessary, and portion out evenly