Korean Beef and Vegetables

Ingredients

2 lb ground beef

1 large bok choy, medium dice

2 heads of broccoli, florets removed

3 carrots, small dice

1 red bell pepper, cut into strips

Sauce:

¼ C tamari

2 tsp sesame oil

1 tsp Sriracha

2 T brown sugar

2 garlic cloves

1 small piece of minced ginger

Procedure

1) In a saucepot, cook the ground beef over high heat until brown. Move to a large bowl

2) Add the vegetables to the same pot, and cook over medium heat with a little bit of water.

3) Mix together the ingredients for the sauce, and add to the vegetables, letting them cook in the sauce until al dente

4) Mix together the vegetables and the ground beef in the large bowl, portion out and serve