



Long Livo

Korean Ground Beef Bowl

Savory Korean beef bowl with sweet-savory sauce, crisp veggies, and fluffy rice—quick, comforting, and endlessly satisfying.

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

Korean

Cuisine

Ingredients

Main Ingredients

- ☐ 1 lb ground beef
- ☐ 2 cups cooked rice (short-grain)
- ☐ 1 cup carrots, diced
- ☐ 1 cup peas (frozen or fresh)
- ☐ 2 green onions, sliced

- ☐ 2 tbsp brown sugar
- ☐ 1 tbsp gochujang (Korean chili paste)
- ☐ 1 tsp sesame oil
- ☐ 1 tsp rice vinegar
- ☐ 2 garlic cloves, minced
- ☐ 1 tsp fresh ginger, grated

For the Sauce

- ☐ 3 tbsp soy sauce

Instructions

- 1 Heat a large skillet over medium-high heat, add a drizzle of oil, then crumble the ground beef; let it brown without stirring for a minute, then break it up and cook until caramelized.
- 2 Stir in the garlic and ginger, letting them perfume the meat for about 30 seconds.
- 3 Mix soy sauce, brown sugar, gochujang, sesame oil, and rice vinegar in a bowl; pour the mixture over the beef, simmer for 3-4 minutes until the sauce thickens.
- 4 Add carrots and peas, tossing gently; cook just until the veggies are bright and still crisp, about 2 minutes.
- 5 Serve the beef over warm rice, garnish with sliced green onions and an extra drizzle of sesame oil if desired.

Nutrition per serving

420 kcal

Calories

24 g

Protein

38 g

Carbs

18 g

Fat

Tips & notes

- Taste the sauce before adding; adjust sweetness or heat to your liking.
- If the sauce gets too thick, add a splash of broth or water.
- For extra zing, finish with a sprinkle of toasted sesame seeds.