

## **Korean Beef (or Pork or Shrimp) Bowl, Like Mother, Like Daughter**

For 4 -- multiply for your large family

You will need 1/4 c. **green onions** for a garnish.

### **In a small bowl, mix:**

1/3 c. **brown sugar or honey or a mixture**

1/4 c. **tamari or soy sauce**

2 T **sesame seeds**

2 T. **sesame oil**

the tiniest amount of **red pepper flakes** if you are a wimp like me, or 1/4 tsp or more if not

### **In a wide skillet, fry up:**

2 lbs. **ground beef, ground pork, or a mixture**, lightly salted, until browned and the liquid is almost evaporated, siphoning off most of the fat

### **Add:**

4 cloves of **garlic**, chopped,

2 T of **fresh ginger**, chopped, stirring until just cooked

**Turn off the heat. Pour in the sauce and stir. Adjust the seasonings.**

Serve over rice with a sprinkling of finely sliced **green onions** on top of each serving.

Serve with roasted, steamed, or boiled broccoli or green beans. Asparagus would be nice too.

If you make it with shrimp, just gently, gently sauté the shrimp in a small amount of peanut or avocado oil (you could also use pre-cooked shrimp and just warm it up) before tossing with the sauce.