

Ground Beef Bulgogi

By Ann Maloney

 Servings: 4

 Total: 20 mins

- 1 pound lean ground beef (90 percent lean or higher) or 12 ounces to 1 pound plant-based meat, such as Beyond Meat brand
- 1 medium yellow onion (8 ounces), halved and thinly sliced
- 2 cloves garlic, minced or finely grated
- 2 scallions, trimmed and cut into 1-inch pieces (white and light green parts)
- 1 tablespoon sesame oil
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon maple syrup
- 1/2 teaspoon fine salt
- 1 teaspoon vegetable oil
- Cooked white rice, for serving (see NOTE)
- Kimchi, for serving (optional)
- Fresh lettuce or cabbage leaves, for serving (optional)

Step 1

In a large bowl, stir together the beef or plant-based meat, onion, garlic, scallions, sesame oil, soy sauce, maple syrup and salt until combined.

Step 2

In a large saute skillet over medium-high heat, heat the oil until shimmering. Add the beef mixture and cook, stirring occasionally to break up any large chunks, until cooked through, about 10 minutes.

Step 3

Serve the bulgogi in bowls with rice, kimchi, and lettuce or cabbage leaves for wrapping, if using.

Step 4

NOTE: If you need to make a fresh batch of rice, for 2 cups of cooked long-grain white rice, rinse 3/4 cup of rice until the water runs clear. Then, place it in a medium, lidded saucepan over medium-high heat. Add 1 teaspoon olive oil and stir to coat the rice. Add 1 1/2 cups of water and a pinch of salt, if desired, and bring to a boil. Reduce the heat to low, cover and simmer until the rice is tender and the water is absorbed, about 15 minutes.