

## **Spicy Korean Beef with Carrots and Rice**

*Adapted from [Korean Beef](#) by Lizzy Writes*

3/4 cup dried white rice  
1 1/2 pounds lean ground beef (or ground pork or turkey)  
1 1/2 tablespoons sesame oil  
1 heaping tablespoon minced garlic  
1 teaspoon fresh ginger, minced  
1/2 cup shredded carrots  
1/4 cup brown sugar  
1/2 cup low-sodium soy sauce  
1/2 teaspoon crushed red pepper flakes  
Ground black pepper  
4 or 5 green onions, diced  
1 tablespoon sesame seeds

Start by cooking the rice according to package directions. Meanwhile, prep your veggies and heat a large skillet over medium high heat. Brown the meat with the garlic, ginger, and carrots in the sesame oil. Drain the fat and add the brown sugar, soy sauce, and crushed red pepper flakes. Grind a bunch of black pepper over it all and mix it together.

Turn heat to low and simmer while you toast the sesame seeds in an oven or toaster oven for about 7 to 10 minutes, no need to preheat. (Keep an eye on them!) When rice is done, spoon a portion of rice in a bowl or on a plate, top with the beef mixture, then garnish with chopped green onion and toasted sesame seeds.