

## Flavorful Korean Ground Beef Bowl: Quick & Easy Weeknight Dinner

Craving an incredibly satisfying and flavorful meal that comes together in a flash? This



**TIME**  
**5-7 min**

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### INGREDIENTS

- 1 lb ground beef
- 2 tablespoons sesame oil
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1/4 cup soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon rice vinegar
- 1 tablespoon gochujang (Korean chili paste)
- 1 teaspoon sesame seeds (plus extra for garnish)
- 1/4 teaspoon black pepper
- 1/2 cup green onions, sliced (plus extra for garnish)
- 2 cups cooked rice (white or brown)
- Optional garnish: sliced cucumber, kimchi, extra sesame seeds

#### Swaps and Notes:

**Ground Beef:** Leaner ground beef (90/10 or 93/7) works well here. You can also substitute with ground turkey or a plant-based ground for a different dietary preference.

**Sesame Oil:** Toasted sesame oil is crucial for that authentic, nutty flavor. Don't use un-toasted sesame oil, as the flavor profile is different.

**Ginger:** Freshly grated ginger provides the best flavor, but if you're in a pinch, about 1 teaspoon of ground ginger can be used.

**Gochujang:** This Korean chili paste adds a fantastic

depth of spicy, savory, and slightly sweet flavor. You can find it in the international aisle of most grocery stores. If you can't find it, a tiny dash of sriracha with a pinch more brown sugar can offer a very mild substitute, but it won't be the same.

**Rice Vinegar:** This provides a crucial tangy balance to the sweetness and savoriness. Do not use regular white vinegar.

**Soy Sauce:** Use regular or low-sodium soy sauce. For a gluten-free version, opt for tamari.

**Cooked Rice:** This recipe is perfect for using up leftover cooked rice! Any type of cooked white or brown rice works.

## DIRECTIONS

1. Let's get this delicious and easy : Korean Ground Beef Bowl cooked up in no time!
2. **Brown the : Ground Beef:** Heat the sesame oil in a large skillet over medium-high heat. Add the ground beef and cook, breaking it apart with a spoon, until it's browned and fully cooked, which should take about 5-7 minutes. Once cooked, if there's excessive grease, you can carefully drain it, though lean ground beef usually doesn't require much.
3. **Add : Aromatics:** Add the minced garlic and grated fresh ginger to the pan with the cooked ground beef. Cook for an additional 1-2 minutes, stirring constantly, until they become fragrant. Be careful not to burn the garlic.
4. **Whisk and : Add Sauce:** In a small bowl, whisk together the soy sauce, brown sugar, rice vinegar, gochujang, and 1 teaspoon of sesame seeds, along with the black pepper. Pour this flavorful sauce mixture directly into the skillet with the ground beef.
5. **Simmer the : Sauce:** Stir well to combine all the ingredients with the sauce. Bring the mixture to a gentle simmer and let it cook for 2-3 minutes, stirring occasionally. This allows the sauce to thicken slightly and the flavors to meld beautifully.
6. **Remove from : Heat & Add Green Onions:** Remove the skillet from the heat. Stir in 1/2 cup of sliced green onions (reserving some for garnish, if desired). Mix everything through.
7. **Assemble and : Serve:** To serve, place a generous scoop of cooked white or brown rice into each serving bowl. Top the rice with a hearty portion of the Korean ground beef mixture from the skillet. Garnish with

additional sliced green onions and optional toppings like fresh sliced cucumber (for crunch and coolness) or kimchi (for a tangy, fermented kick) and extra sesame seeds for a pretty finish.

## SWAPS & NOTES

of soy sauce, brown sugar, and gochujang .

It's incredibly quick to prepare, making it ideal for those hectic evenings, yet it feels like a truly special meal.

The fresh ginger and garlic add an irresistible aroma, and the quick simmer allows the sauce to thicken beautifully, coating every bite.

It's a complete meal in one bowl, offering a fantastic balance of protein, carbs, and bold Asian-inspired flavors.

## TIPS FOR SUCCESS

**Fresh Ginger and Garlic:** While powder can work in a pinch, using fresh minced garlic and grated ginger truly elevates the authentic flavor of this dish.

**Don't Overcook the Beef:** Cook the beef just until it's no longer pink to keep it tender.

**Simmer Time:** Don't rush the simmering of the sauce.

Those few minutes allow the flavors to deepen and the sauce to thicken slightly, coating the beef perfectly.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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