

# Korean Beef Rice Bowl

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-rice-recipe-indian>

## Ingredients:

- 2 cups rice
- 1 pound beef see headnote
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon fresh ginger grated
- 1 garlic clove finely minced
- 1 tablespoon brown sugar
- 1 1/2 tablespoons cooking oil
- 1/2 onion diced
- 1 carrot large, cut into matchsticks, or 1 cup matchstick cut carrots
- 1 zucchini small, diced
- 2 handfuls spinach leaves
- 1 tablespoon roasted sesame seeds

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 75 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 7 grams
8. Sodium: 550 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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