

Korean BBQ Ground Beef with Vegetables



Sirve:

20 servings

Pieza:

Complete Gourmet Collection - 8.5 Qt. Roaster
Saladmaster Food Processor

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

This sweet and slightly spicy Korean beef cooks quickly when you use ground beef. This is an economical and family friendly one pot dish. Substitute vegetables for whatever you have on hand or what is in season or use frozen vegetables.

1 large
onion, strung, use Cone #2
6 cloves
garlic, shredded, use Cone #1
1 tbsp
ginger root, fresh, shredded, use Cone 31
1 lb
button or baby bella mushrooms, washed, sliced, use Cone #4
(453
g)
1 lb
carrot, trimmed and scrubbed, strung, use Cone #2
(453
g)
2.5 lbs
broccoli, set florets aside and use Cone #2 for the stems
(1133
g)
3 lbs

lean ground beef
 (1.36
 kg)
 $\frac{3}{4}$ cup
 tamari, low sodium
 (191
 g)
 $\frac{1}{2}$ cup
 brown sugar or coconut sugar
 (170
 g)
 6 tbsp
 sesame oil, toasted
 1 tbsp
 chili paste
 $\frac{1}{2}$ cup
 seasoned rice vinegar
 (73
 ml)
 1 tsp
 natural salt

Garnish

6
 each scallions, thinly
 sliced
 2
 tbsp sesame seeds,
 toasted

Preparación :

1. Preheat roaster over medium heat for 4-5 minutes until a sprinkle of water skitters and dissipates.
2. Sauté onion, garlic and ginger for 5 minutes.
3. Add mushrooms, stir and sauté for 3 minutes, until they begin to soften.
4. Add carrots and broccoli stems, stir, cover and cook for 8 minutes.
5. Add crumbled ground beef and stir into vegetables. Put lid on roaster and cook for 10-12 minutes.
6. In a small bowl combine tamari, sugar, sesame oil, chili paste, rice vinegar and salt, stir to combine.
7. Remove lid from roaster, stir meat and vegetables, breaking up meat a little bit more with your cooking spoon.
8. Pour tamari mixture over top and stir.
9. Place broccoli florets on top of meat and vegetables. The vegetables will fill pan up about $\frac{3}{4}$ way.
10. Place lid on Roaster and when Vapo-Valve™ begins to click steadily, turn heat to low and cook for 8-10 minutes until broccoli is crisp tender, do not overcook, broccoli will continue cooking a little bit in pan as it sits. Stir to combine. Taste and adjust seasonings as needed adding more chili paste if desired.
11. Garnish with toasted sesame seeds and sliced scallions.
12. Serve as is or with steamed rice, grains or for a lower carbohydrate option with sautéed summer squash zoodles.

Consejos:

- Chef Note: Add in shredded green cabbage. Substitute ground beef for ground turkey.

Calorías: 226

Grasa: 8g

Grasa 1g

Saturada:

Colesterol: 290mg

Sodio: 680mg

Carbohidrato: 16g

Fibra: 2g

Azúcar: 3g
Proteína: 26g
