

Beef Korean Ground CP

(BKGCPverified)

Production Date: Friday, 3/13/2015

Production Shift: [all Meals]

Times

Prep Time:

Cooking Time:

Temperatures

Cooking Temp:

Internal Temp:

Production Amount

Yield: 1.19 30.43 oz batch

Portions: 6 6 oz portion

Ingredients and Instructions

(Key Name)

Ground Beef	1 Pound + 3 Ounce	(1403)
Chopped Garlic	1 Tablespoon + 1/2 Teaspoon	(8351)
Brown Sugar	1/2 Cup	(16223)
Lite Soy Sauce	1/2 Cup	(4779)
Sesame Oil	1/4 Cup	(9513)
Sea Salt	0.25 Teaspoon	(15929)
Black Pepper	1.25 Teaspoon	(33547)
Broccoli	5.95 Ounce	(VBROFOOD)
<i>Cut small florets</i>		
Red Peppers	5.95 Ounce	(VPEPRED)
<i>Julienne small</i>		
Green Onions	1.19 Ounce	(VONIGRTR)
<i>Slice thin</i>		

1. Steam or saute the broccoli and red peppers until tender crisp.
 2. Heat a saute pan over med-high heat. Add the garlic and beef, cook until browned. Drain the fat if needed
 3. In a bowl, combine and whisk the sugar, soy sauce, sesame oil, salt and pepper.
 4. Pour the soy sauce mixture over the browned meat. Simmer until thickened.
 5. Add the broccoli and red peppers, mix well.
 6. Transfer to a serving pan.
 7. Garnish with the green onions
- ** Serve with Brown Rice ****