



Korean Beef Bowls

Yield: 3 servings Time: 30 minutes

INGREDIENTS

- 1 pound lean ground beef
- ¼ cup low-sodium soy sauce
- 2 Tablespoons unseasoned rice vinegar
- 1 tablespoons light brown sugar
- 1 tablespoons toasted sesame oil
- 1 ½ teaspoon fresh ginger or ginger paste
- 2-3 cloves minced fresh garlic or ½ teaspoon garlic powder

For Serving:

- Hot, cooked rice
- Slaw - see recipe on back
- Sauce
- Naan bread
- Avocado slices
- Fresh lime wedges
- Chopped cilantro

DIRECTIONS

1. In a 12-inch nonstick skillet set over medium heat, brown the ground beef, breaking the meat into small pieces, until no longer pink. Drain excess grease.
2. To the skillet, add the soy sauce, vinegar, brown sugar, sesame oil, ginger and garlic or garlic powder. Stir to combine and bring the meat and sauce to a simmer over medium heat. Simmer for 3 to 4 minutes until heated through.
3. Make Slaw and sauce.
4. For serving, to each bowl, add a scoop of rice, add a portion of beef and slaw. Drizzle with sauce. Serve with lime wedges, avocados, and naan bread, if desired.

Sauce:

- ½ cup sour cream
- ½ cup mayonnaise
- 3 tablespoons fresh lime juice
- 1 teaspoon sriracha sauce
- 1 teaspoon garlic powder

Stir together all the ingredients and refrigerate until ready to serve (it can be made several days in advance).

Wasatch County Senior Cooking Class, June 2026

Tricia Mathis, Professional Practice Extension Assistant Professor

55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234



Korean Beef Bowls - Slaw

INGREDIENTS

- 2 cups shredded cabbage (napa, green, purple or a combo) – or use a ½ bag of pre cut coleslaw mix for cabbage and carrots
- ½ cup shredded or grated carrots
- ½ cup chopped cucumbers
- 3 Tablespoons chopped fresh cilantro
- 1 tablespoons lime juice
- 1 tablespoons soy sauce
- 1 tablespoons olive oil
- Salt and pepper
- Sriracha, to taste

DIRECTIONS

1. For the slaw, in a large bowl, combine the cabbage, carrots, cucumbers, and cilantro.
2. In a small bowl whisk together the lime juice, soy sauce, olive oil, salt and pepper (start with a pinch of each and add more to taste, if needed), and sriracha.
3. Pour the dressing over the slaw and toss to combine.
4. Refrigerate until ready to serve (it can be made 4-6 hours in advance).

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