

BBQ BEEF BOWL

A bowl full of deliciousness, great tastes, and textures for your family.



BBQ Beef Bowl



SERVINGS



PREP TIME



COOK TIME

Ingredients

250 mL (1 cup) uncooked brown rice

BBQ beef

30 mL (2 tbsp) lower sodium soy sauce

45 mL (3 tbsp) hoisin sauce

5 mL (1 tsp) sesame oil

60 mL (¼ cup) unsweetened applesauce

15 mL (1 tbsp) ginger, minced

6 cloves garlic, minced

60 mL (¼ cup) water

10 mL (2 tsp) cornstarch

454 g (1 lb) extra lean ground beef

125 mL (½ cup) sliced green onion

Toppings

256 g (1 pkg) spinach

180 mL (¾ cup) frozen corn

15 mL (1 tbsp) vegetable oil

6 eggs

80 mL (⅓ cup) kimchi

180 mL (¾ cup) grated carrots

Instructions

1. Prepare brown rice according to the package instructions. Set aside.
2. In a small bowl, mix together soy sauce, hoisin sauce, sesame oil, applesauce, ginger, garlic, water and cornstarch. Stir until cornstarch is dissolved and set aside.
3. Place extra lean ground beef in a large pan over medium heat. Cook for 6 to 8 minutes or until nicely browned.
4. Pour in prepared sauce and cook, for 2 minutes or until sauce has reduced by half.
5. Stir green onions into cooked beef and remove from the pan.
6. In the same pan over medium- high heat, add washed spinach and stir while cooking to wilt. Cook until water has evaporated and remove from pan.
7. Again, in the same pan, add corn and cook for 3 to 4 minutes or until golden brown.
8. Prepare the eggs: Bring a small pot of water to a boil. Carefully lower eggs into pot and return to a rolling boil. Cover and continue cooking for 7 minutes. Carefully remove eggs from pot and place into an ice bath. Once cool enough to handle, peel eggs and set aside.
9. To assemble: Place 125mL (½ cup) rice into each bowl. Top each bowl with cooked spinach, corn, kimchi, grated carrots, cooked beef, and an egg.



PLAN IT OUT

Kimchi may be found in the refrigerated or health food section of your grocery store.



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