**Korean Beef and Rice**

**Ingredients**

* 1/2 lb lean ground beef
* 1/4 cup brown sugar
* 2T soy sauce
* 1/2 tablespoon sesame oil
* 1 clove garlic, minced
* 1/8 teaspoon ground ginger
* ½+ teaspoon crushed red peppers (depending on how spicy you like it)
* salt and pepper
* 1 green onion stalks (greens only) sliced
* Rice, cooked

**Instructions**

1. Heat a large skillet over medium heat and brown beef with garlic in the sesame oil until no longer pink.
2. Drain most of the fat and add brown sugar, soy sauce, ginger, salt and pepper and red peppers.
3. Simmer for a few minutes to blend the flavors. Serve over steamed rice and top with green onions.

**Rice**

**Ingredients**

* 1 ½ c instant rice
* 1 ½ c water

**Instructions**

1. Bring water to a boil in a medium saucepan.
2. When boiling, add in rice.
3. Stir to combine, cover and remove from heat.
4. Let stand 5 minutes.
5. Fluff (stir with a fork) rice and serve.