

Korean Rice Bowl

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Servings: 4

Preparation Time: 15 minutes

Cook time: 30 minutes

1 1/2 cups sushi rice
1/4 cup rice vinegar
3 tablespoons low-sodium soy sauce
1 tablespoon fresh ginger, peeled and minced
2 cloves garlic, minced
1 tablespoon cornstarch
2 teaspoons sesame oil
2 teaspoons chili-garlic paste
1 zucchini, cut into matchsticks
2 cups (1/4 pound) shiitake mushroom caps, thinly sliced
1 cup carrots, shredded
1 pound ground beef
4 large eggs (optional)

Prepare the rice: Combine two cups of water and the rice in a medium, lidded saucepan. Bring to a soft boil. Cover and simmer over medium-low heat for 20 minutes. Remove from the heat and let stand 10 minutes.

Meanwhile, in a small bowl, blend the rice vinegar, soy sauce, ginger, garlic, cornstarch, sesame oil and chili-garlic paste. Set aside.

Coat a large nonstick skillet with nonstick cooking spray. Add the vegetables and three tablespoons of water. Cook over medium-high heat for 4 minutes or until just softened. Remove to a bowl and keep warm.

Crumble the beef into the same skillet. Cook for 5 minutes, breaking apart with a spoon. Add the sauce mixture and cook for 2 minutes.

Meanwhile, in a second skillet, fry the eggs, if desired. Coat the skillet with nonstick spray. Heat over medium to medium-high heat. Crack two eggs into the skillet. Cook 1 minute, then flip. Cook 1 more minute. Transfer to a plate. Repeat with the remaining two eggs.

Place a mound of rice into four bowls. Top each with with 1/2 cup of the meat mixture and 1/3 cup of the vegetables.

Finish each with a fried egg, if using.

Per Serving (excluding unknown items): 668 Calories; 33g Fat (44.7% calories from fat); 25g Protein; 68g Carbohydrate; 2g Dietary Fiber; 96mg Cholesterol; 548mg Sodium. Exchanges: 4 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates.