

# Ground Beef Rice Bowl

Ground Beef Mushroom Rice Bowl. It's a quick and flavorful meal that's perfect for those busy weeknights.

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## Ingredients

- 1/2 pound ground beef
- 1/4 small onion,
- diced 8 oz mushrooms, sliced
- 2 cups cooked white rice
- 2 tablespoons soy sauce (optional)
- 1 tablespoon of olive oil
- stir fry vegetables of your choice (broccoli, snap peas, carrots, or corn)
- 1/2 teaspoon garlic, minced
- Green onions and Kimchi for garnish



Bloom & Home

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## Directions

- In a skillet, Add diced onions and garlic and sauté until translucent.
- Brown the ground beef over medium-high heat.
- Drain any excess fat.
- Add sliced mushrooms and cook until they release their moisture and brown.
- Stirring to combine.
- Serve the beef and mushroom mixture over a bed of cooked white rice.
- Garnish with chopped green onions and Kimchi.
- Enjoy!