



KOREAN-STYLE BEEF CABBAGE CUPS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Ground Beef	Lb.	Shredded Carrots	½ Cup
Sesame Oil	1 Tsp.	Green Onions, thinly sliced	2
Low-Sodium Soy Sauce	2 Tbsps.	Sesame Seeds	1 Tbsp.
Rice Vinegar	1 Tbsp.	Large Green Cabbage	16
Honey	1 Tsp.	Leaves	
Freshly Grated Ginger	1 Tsp.		
Garlic Powder	½ Tsp.		
Crushed Red Pepper Flakes	¼ Tsp.		

SERVING SIZE

4 STUFFED CABBAGE CUPS

PREPARATION

- Bring a large pot of water to a boil.
- Carefully blanch cabbage leaves for 30-60 seconds, until flexible.
- Transfer leaves to cold water, then drain and pat dry. Trim the thickest part of the center rib if needed.
- Heat sesame oil in a large skillet over medium-high heat.
- Add ground beef and cook until browned and fully cooked, breaking it apart as it cooks.
- Stir together soy sauce, rice vinegar, honey, ginger, garlic powder, and red pepper flakes.
- Add the sauce to the beef and cook for 1-2 minutes, stirring to coat.
- Spoon beef mixture into cabbage leaves.
- Top with shredded carrots, green onion, and sesame seeds.