

Teriyaki Beef Bowl

1 pound ground turkey or beef

1 teaspoon garlic – minced

¼ onion – chopped

Directions:

1. Brown the meat in 1 teaspoon of sesame oil.
2. Season to taste with onion powder and pepper.
3. Add garlic and onion.
4. Once browned add ¾ of the thickened sauce. Save extra sauce to top over meat and rice.

Sauce:

½ cup soy sauce (low salt)

¼ cup red wine vinegar or apple cider vinegar

½ cup brown sugar

¼ teaspoon garlic powder

1 teaspoon ginger

1. Warm all ingredients to a light boil.
2. Add slurry of 1 teaspoon cornstarch and ¼ cup water. Stir till thickened.

Serves 4. Serve meat mixture over rice. Top with extra sauce and chopped green onion.

From our RV kitchen to yours. ENJOY!