

Korean Bulgogi BBQ-Style Beef Bowls

Shopping List

Produce

- ☐ 1 Tbsp fresh ginger
- ☐ 4 cloves garlic
- ☐ Cucumber
- ☐ Avocado
- ☐ Green onions
- ☐ Broccoli (for steaming or roasting)
- ☐ Fresh basil or cilantro

Protein

- ☐ 2–3 pounds beef chuck roast or steak
- ☐ ½ cup plain Greek yogurt

Dairy

- ☐ ½ cup mayonnaise
- ☐ 3 Tbsp milk

Pantry

- ☐ 1 cup low sodium soy sauce
- ☐ ⅓ cup brown sugar
- ☐ 1 Tbsp Gochujang (Korean chili paste; can also sub Sriracha)
- ☐ 2 Tbsp sesame oil
- ☐ 1 cup beef broth
- ☐ 1–2 Tbsp Sriracha
- ☐ Toasted sesame seeds

Grains

- ☐ Steamed rice, brown rice, or quinoa

Condiments & Sides

- ☐ Kimchi

