

Korean Bulgogi BBQ-Style Beef Bowls (Slow Cooker)

Marinade

1 cup low sodium soy sauce
1/3 cup brown sugar
1 Tbsp Gochujang (Korean chili paste; can also sub Sriracha)
1 Tbsp fresh ginger, grated
4 cloves garlic, minced or grated
2 Tbsp sesame oil

Beef

2–3 pounds beef chuck roast or steak
1 cup beef broth

Sriracha Mayo (optional)

1/2 cup mayonnaise
1/2 cup plain Greek yogurt
3 Tbsp milk
1–2 Tbsp Sriracha (depending on spice preference)

Bowls

Steamed rice, brown rice, or quinoa
Shredded cabbage
Cucumber, thinly sliced
Avocado, sliced
Green onions
Steamed or roasted broccoli
Fresh basil or cilantro
Kimchi
Toasted sesame seeds
Sriracha Mayo

Directions

If using steak, slice into thin strips.

Add all ingredients for marinade into a small bowl and stir together. Put beef into a gallon-size ziplock bag and pour the marinade into the bag. Mix it to coat the beef.

Place the beef and marinade mixture in the fridge for **at least 1 hour, or overnight.**

Add the beef, marinade, and broth to the slow cooker. Cook on **low: 8–9 hours for roast, 4–5 hours for steak.** The steak should be cooked throughout and tender. The roast should shred easily with a fork.