

So Simple Korean Beef

- 2 cups (500 mL) [Big Batch Beef](#)
- ¼ cup (50 mL) sodium-reduced beef broth
- ¼ cup (50 mL) hoisin sauce
- 2 green onions, thinly sliced
- Bibb lettuce leaves

- 1** Topping Options: diced sweet red pepper, shredded carrot, diced cucumber, torn cilantro or mint leaves.
- 2** Combine ingredients in large skillet over medium-high heat. Heat through stirring occasionally for about 5 minutes.
- 3** Spoon into individual Bibb lettuce leaves. Top with a squeeze of lime juice and toppings such as diced sweet red pepper, shredded carrot, cucumber, torn cilantro or mint leaves.
- 4** Big Batch Beef: Cook 4 lb (2 kg) Extra Lean or Lean Ground Beef in Dutch over medium-high heat for 9 to 10 minutes, breaking into small chunks with back of spoon, until browned and completely cooked. Drain, and return to pot. Add 4 small onions (minced) and 4 cloves garlic (minced); simmer for 12 to 15 minutes until vegetables are softened. Spread mixture in a single layer on several foil or parchment paper-lined baking trays; freeze just until meat is firm, about 1 hour. Loosen beef mixture into chunks; scoop meal-sized portions into freezer bags. Freeze for up to 3 months.

Big Batch Beef

- 4 lb (2 kg) Extra-Lean or Lean Ground Beef or Lean Ground Sirloin, Chuck or Round
- 4 EACH onions and garlic cloves, minced

- 1** Cook ground beef in Dutch oven over medium-high heat for 9 to 10 minutes, breaking into small chunks with back of spoon, until browned and completely cooked. Drain, and return to pot. Add onion and garlic simmer for 12 to 15 minutes until vegetables are softened.
- 2** Spread mixture in a single layer on several foil or parchment paper-lined baking trays; freeze just until meat is firm, about 1 hour.
- 3** Loosen beef mixture into chunks; scoop meal-sized portions into freezer bags. Freeze for up to 3 months.
- 4** Yield: 10 cups 2.5 L