

Treasure Barrel

Spicy Ground Beef Stir-Fry Bowl with Garlic Veggies & Rice

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

For the Stir-Fry

- [ ] 1 tablespoon neutral oil (like avocado or vegetable)
- [ ] 4 cloves garlic, minced
- [ ] 1 tablespoon fresh ginger, grated
- [ ] 1 pound lean ground beef
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 cup sugar snap peas, trimmed
- [ ] 1 cup broccoli florets
- [ ] 3 green onions, sliced (white and green parts separated)

For the Sauce

- [ ] 1/4 cup soy sauce (low-sodium is fine)
- [ ] 2 tablespoons Sriracha or chili garlic sauce (adjust to taste)
- [ ] 1 tablespoon rice vinegar
- [ ] 1 teaspoon brown sugar or honey
- [ ] 1 teaspoon cornstarch
- [ ] 2 tablespoons water

For Serving

- [ ] 4 cups cooked jasmine or white rice
- [ ] Toasted sesame seeds for garnish (optional)

Instructions

1. In a small bowl, whisk together all the sauce ingredients: soy sauce, Sriracha, rice vinegar, brown sugar, cornstarch, and water. Set this aside near the stove.
2. Heat the oil in a large wok or skillet over medium-high heat until it shimmers. Add the minced garlic and grated ginger. Stir for just 30 seconds until fragrant—be careful not to burn it.
3. Add the ground beef to the pan, breaking it up with a spoon. Cook for 4-5 minutes, letting it get a good sear in spots, until it's no longer pink.
4. Push the beef to one side of the pan. Add the bell pepper, snap peas, broccoli, and the white parts of the green onions to the empty space. Stir-fry the veggies for about 3-4 minutes until they're bright and tender-crisp.
5. Give the sauce a quick stir again (the cornstarch settles) and pour it over the beef and vegetables. Toss everything together and cook for another 1-2 minutes, until the sauce has thickened and coats everything nicely.
6. Remove from heat. Stir in the green parts of the green onions. Serve immediately over hot cooked rice and garnish with toasted sesame seeds if you like.

Nutrition per serving

420 kcal	28 g	42 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a thicker sauce, let the stir-fry simmer for an extra minute after adding the sauce.
- If you like extra heat, add a sprinkle of red pepper flakes with the sauce.
- This is a great way to clean out the veggie drawer—zucchini, mushrooms, or onions would all work well.