



**THE**  
**ULTIMATE**  
**CROCK-POT**  
**CHALLENGE**

**WEEKLY WINNER**

**KRISTEN  
WHITAKER**

**KOREAN BEEF  
BOWLS/TACOS**

**INGREDIENTS**

- **2-3 LBS. STEW MEAT**
- **1 MEDIUM YELLOW ONION, DICED**
- **1/2 CUP BROWN SUGAR**
- **1/3 CUP SOY SAUCE**
- **10 CLOVES GARLIC, CHOPPED**
- **1-2 MEDIUM JALAPENO PEPPERS, DICED**
- **1 TSP FRESH GINGER, MINCED**
- **1 TBS TOASTED SESAME OIL**
- **2 TBS RICE VINEGAR**
- **RED PEPPER FLAKES, SALT & PEPPER, TO TASTE**
- **ASST. CHOPPED VEGETABLES FOR GARNISH: CABBAGE, CARROTS, CILANTO, ETC.**

**COOKING INSTRUCTIONS**

- 1. COMBINE ALL INGREDIENTS, EXCEPT MEAT AND GARNISH, IN A SAUCEPAN AND HEAT OVER LOW HEAT, STIRRING UNTIL SUGAR IS DISSOLVED.**
- 2. ADD STEW MEAT AND SAUCE TO CROCK-POT. STIR TO COAT MEAT AND COOK ON HIGH FOR MINIMUM 3-4 HOURS, UNTIL FORK TENDER.**

**SERVING SUGGESTIONS**

- **BEEF BOWLS: SERVE OVER JASMINE RICE. TOP WITH CHOPPED VEGETABLES, FRIED EGG, ETC.**
- **KOREAN TACOS: FILL SOFT CORN OR FLOUR MINI TORTILLAS WITH MEAT AND TOP WITH SHREDDED CABBAGE, CILANTRO, ONION, SESAME SEEDS.**