

BIBIMBAP

INGREDIENTS



This recipe will feed two, you can double ingredients to feed four people.

90 second bag of rice

½ pound of ground beef/turkey

Minced garlic

Soy Sauce

Sriracha (optional)

Shelled edamame (or frozen peas)

Frozen carrots

Frozen corn

Spinach

Egg(s)

Cooking Tools

Skillet

Pam

Four small bowls

Egg Ring (optional)

Spatula

Tablespoon

Hot mitt

Small plate

Wooden spoon

Slotted spoon or soup ladle

measuring spoons

Measuring cups

Hot mitt

I would recommend putting frozen corn, carrots, shelled edamame, spinach in small bowls before class starts. Also have the package of ground beef out of the package, and dried off. I will be using ½ pound of ground beef. **Always wash hands after handling raw meat.**



- 1) Using a tablespoon, the kind we use to eat, put three tablespoons of corn, carrots, shelled edamame in bowls. After washing hands, you can put a handful of spinach in a bowl.



- 2) Heat skillet to 325 degrees and spray Pam. Crack one or two eggs



You can use the egg ring if you want.

- 3) Turn the heat off and put the cover on the skillet

- 4) Rip the side of the 90 second rice, and put the bag in the microwave, cook for 90 seconds. Take out with hot mitt.



- 5) Take the lid off the skillet and lift up the egg ring. Using a spatula put the egg on a plate.



- 6) Take a paper towel and wipe down skillet, then spray skillet with Pam again



Heat the skillet to 325 degrees again

- 7) Take the bowls of vegetables and put them on the skillet



Turn the skillet, and let vegetable sit for one minute

- 8) Wait until the skillet has cooled, and using a spoon, scoop out the veggies and put vegetables back in small bowls



- 9) Spray skillet with Pam and heat skillet to 400 degrees, put ground beef in skillet. Using a wooden spoon, break up the ground beef into small pieces.



- 10) Add $\frac{1}{3}$ cup water to the skillet.



11) Add ½ teaspoon of minced garlic



12) Add 1 teaspoon of soy sauce to skillet



13) Mix ground beef with a wooden spoon, keep breaking into small pieces, then cover the skillet with the lid for 2-3 minutes. Unit all the meat is cooked and not pink.



14) Once ground beef is cooked, turn off the heat on the skillet, keep lid on.

15) Open the bag of rice and, using a spoon divide into two bowls. Fluff up the rice.



16) The skillet should have cooled down, take the lid off, and using a slotted spoon or ladle, scoop ground beef on top of the rice.



17) Using a spoon scoop veggies on top of ground beef



18) If you like spicy food, squeeze some sriracha on top of the ground beef and veggies.



19) Put egg on top of veggies

