

Korean Bulgogi



PREP TIME: 10 minutes **COOK TIME:** 35 minutes

PROCESS TIME: 90 or 75 minutes **YIELD:** 5 quarts or 10 pints

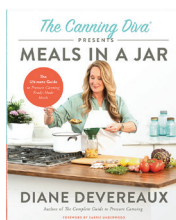
DIRECTIONS

1. Place the ground beef in a stockpot and cook it over medium-high heat for about 20 minutes or until browned. Drain the grease in a colander and return the cooked beef to stockpot.
2. Add the brown sugar, soy sauce, garlic, sesame oil, ginger, red pepper flakes, and sesame seeds. Mix well and cook the mixture for an additional 15 minutes.
3. Using a funnel, ladle the bulgogi into jars and pack down using your headspace-measuring tool, leaving 1 inch of headspace.
4. Wipe the jar rims with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand tighten.
5. Process in a pressure canner at 10 PSI or according to your elevation and canner type. Process quart jars for 90 minutes and pint jars for 75 minutes.

INGREDIENTS

- 12 lbs. ground beef
- 1 cup packed brown sugar
- 1 cup soy sauce
- 2 heads garlic, minced ($\frac{1}{2}$ cup)
- 4 T. sesame oil
- 3-inch gingerroot, peeled and minced (3 T.)
- 1 to 2 T. red pepper flakes
- 1 T. sesame seeds

RECIPE TIP: *Upon cooling, the naturally remaining fat will solidify in the jar, often near the top. This is completely normal and may remain or be removed when popping a jar lid to heat and eat the meal.*



Find more recipes like this in *The Canning Diva® Presents Meals in a Jar*.
Available wherever books are sold.