

Soybean Sprouts Rice Bowl

(A Korean Dish)

Serves 3

Ingredients

- 2-3 cups soy bean sprouts
- 1/2 – 1 cup ripe kimchi
- 3 cups cooked day-old or cold rice
- 1 – 2 tsp canola or other neutral tasting oil
- ~2 tbsp water

For the sauce

- 1-2 scallions, chopped
- 1 garlic clove minced
- 3 tbsp soy sauce
- 1 tsp honey or agave nectar
- 1 tsp toasted sesame oil
- 1-2 tsp toasted sesame seeds
- 1 tsp Korean red chili pepper powder



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<http://chowdivine.com/kongnamul-bap-soybean-sprouts-rice-bowl/>

Directions

1. In a heavy bottomed pot with a tight fitting lid, add water, soybean sprouts, kimchi, and oil (in that order). On top of the kimchi, add the cold rice. Close the pot. Make sure the lid is on tightly. Turn the heat on to medium. Once the pot has been heated, after about 3-4 minutes, adjust the heat to LOW. Continue cooking the contents on low heat for about 14-15 minutes. Don't open the lid.
2. While the rice mixture is cooking, prepare the sauce. In a small bowl, stir together all of the ingredients for the sauce.
3. Remove the pot from heat once it is done cooking. Leave the lid closed for about a minute.
4. Divide the contents between 3 bowls. Place the rice in the bottom and top with soybean sprouts, then kimchi. Add the sauce on top. Alternatively, you can mix the rice mixture in the pot and divide the mixed rice into three bowls, then top with sauce. Serve immediately while still hot. Mix and enjoy!

Notes

- Use brown rice in place of white rice
- Use reduced-sodium soy sauce

Nutrition Facts

Serving Size 3

Amount Per Serving

Calories 288

% Daily Values*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Sodium 562mg **23%**

Total Carbohydrate 53g **18%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 8g **16%**

*Percent Daily Values are based on a 2,000 calorie diet.