

Foodnity Recipes

Ground Beef Hot Honey Bowl – Easy High-Protein Meal

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef, 80/20
- [ ] 2 tbsp hot honey (mix honey with 1 tsp chili oil)
- [ ] 1 cup jasmine rice
- [ ] 1 cup water
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 carrot, julienned
- [ ] 2 tsp lime juice
- [ ] 1 tbsp sesame seeds, toasted
- [ ] 2 tbsp soy sauce (low-sodium)
- [ ] 1 tsp garlic, minced

Instructions

1. Rinse the jasmine rice, then combine with 1 cup water in a saucepan; bring to a boil, cover, and simmer 12 minutes.
2. While rice cooks, heat a large skillet over medium-high heat, add the ground beef, and crumble it; cook until browned, about 5-6 minutes.
3. Stir in the minced garlic and soy sauce, then drizzle the hot honey; toss quickly so the sauce coats the meat and remains glossy.
4. In a separate pan, briefly sauté the sliced bell pepper and carrot with a splash of oil, just until bright-colored, about 2 minutes.
5. Assemble bowls: layer rice, top with honey-glazed beef, scatter the veggies, drizzle lime juice, and finish with toasted sesame seeds.

Nutrition per serving

420 kcal	28 g	42 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, add a handful of sliced radishes just before serving.
- If you prefer a milder bowl, reduce the chili oil in the honey.
- Feel free to swap bell pepper for snap peas for seasonal variation.