



Spicy Asian Beef and Pepper Rice Bowls

The Sizzle That Started It All

The first time I tasted this dish, the smell of garlic and ginger filled the air. The beef was juicy, the peppers crisp, the sauce just spicy enough. One bite, and I was hooked. **Ever wondered how you could turn a simple rice bowl into something unforgettable?** This recipe does it. The mix of sweet, salty, and heat makes every bite exciting.

My First Kitchen Adventure

I burned the garlic on my first try. The kitchen smelled like a campfire, not a stir-fry. But I tried again, and the second time was magic.

Cooking teaches patience—and that mistakes can lead to better

meals. Home cooking connects us to flavors, memories, and the people we share it with. What's your favorite kitchen fail-turned-win?

Why This Dish Shines

– The honey balances the chili garlic sauce, so it's spicy but not harsh. – The sesame oil adds a nutty depth that makes the dish feel special.

Which flavor combo surprises you most? Is it the sweet-meets-heat or the garlic-ginger punch? Let me know!

A Bite of History

This dish nods to Korean and Chinese stir-fry traditions. Quick, bold, and packed with veggies, it's weeknight magic. *Did you know?* Chili garlic sauce was popularized in the U.S. by Vietnamese immigrants. Share your go-to spicy sauce—I'm always looking for new favorites!



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Ingredients:

Ingredient	Amount	Notes
Lean Ground Beef	1 pound	
Olive oil	1 Tablespoon	
Sesame oil	1 teaspoon	
Yellow onion	½ Cup	Diced
Green bell pepper	1 Cup	Cut into thin slices
Red bell pepper	1 Cup	Cut into thin slices
Garlic	3 cloves	Minced
Ginger root	1 teaspoon	Grated
Soy sauce	¼ Cup	
Beef broth	⅓ Cup	
Honey	2 Tablespoon	
Cornstarch	2 teaspoons	
Chili garlic sauce	1 teaspoon	(Huy Fongs)
Black pepper	½ teaspoon	
Red pepper flakes	¼ teaspoon	
Cooked rice	As needed	For serving
Sliced green onions & sesame seeds	As needed	For garnish

How to Make Spicy Asian Beef and Pepper Rice Bowls

Step 1

See also Taco Spaghetti Bake: A Flavorful Fusion
Brown the ground beef in a large skillet over medium heat. Break it into

small pieces as it cooks. Drain the fat and set the meat aside. Cover it with foil to keep warm. (Hard-learned tip: Use a potato masher to break up the beef fast.) **Step 2** Heat olive oil and sesame oil in the same pan. Turn the heat to medium-high. Add onions and bell peppers once the oil shimmers. Stir-fry for 4-5 minutes until soft. **Step 3** Toss in garlic and ginger. Cook for 1 minute until fragrant. Return the beef to the pan. Stir everything together gently. **What's the best way to store fresh ginger? Share below!** **Step 4** Whisk soy sauce, broth, honey, cornstarch, and spices in a bowl. Pour over the beef and veggies. Cook until the sauce thickens, about 3 minutes. Serve hot over rice. **Cook Time:** 20 minutes **Total Time:** 30 minutes **Yield:** 4 servings **Category:** Dinner, Asian

3 Twists on This Weeknight Favorite

Vegetarian Swap beef for crumbled tofu or tempeh. Use veggie broth instead of beef broth. **Extra Spicy** Double the chili garlic sauce and red pepper flakes. Add sliced jalapeños. **Seasonal Swap** Try zucchini and mushrooms in place of bell peppers. **Which twist would you try first? Vote in the comments!**

Serving Ideas for Your Rice Bowls

Top with extra green onions and sesame seeds. Serve with steamed broccoli or quick-pickled cucumbers. Pair with iced jasmine tea or a crisp lager. **Which would you choose tonight? Let me know!**



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Storing and Reheating Tips

Let's keep this dish tasting fresh. Store leftovers in the fridge for up to 3 days. Use airtight containers to lock in flavor. Reheat in a skillet with a splash of broth to revive the sauce. Freeze portions for busy nights—thaw overnight in the fridge. *Fun fact: Sesame oil boosts flavor even after freezing!* Batch-cook the beef mix ahead, but add fresh peppers when serving. Why this matters: Meal prep saves time without sacrificing taste. What's your go-to freezer meal? Share below!

See also [Sweet Heat Buffalo Meatballs](#)

Quick Fixes for Common Hiccups

Ran into a snag? Here's help. Sauce too thin? Mix 1 tsp cornstarch with cold water, stir in. Too spicy? Add a spoon of honey or coconut milk. Veggies soggy? Stir-fry them first, then set aside before cooking meat. Why this matters: Small tweaks make big differences in flavor and texture. Keep these fixes handy—your future self will thank you. Ever rescued a dish with a clever trick? Tell us!

Your Questions, Answered

Q: Can I make this gluten-free? A: Yes! Swap soy sauce for tamari or coconut aminos. **Q: How far ahead can I prep?** A: Cook the beef mix 2 days early—add fresh rice when serving. **Q: What's a good beef swap?** A: Try ground turkey or crumbled tofu for a lighter twist. **Q: Can I double the recipe?** A: Absolutely. Use a bigger pan or cook in batches. **Q: Missing chili garlic sauce?** A: Use sriracha or a pinch of cayenne instead.

Let's Keep the Conversation Going

Nothing makes me happier than seeing your kitchen wins. Did you try this recipe? Tag **@SavoryDiscovery** on Pinterest—I'd love to cheer you on. Cooking is better together, so share your twists or ask for advice. Happy cooking! —Elowen Thorn



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Difficulty: **Beginner**



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Prep time: **10 minutes**



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Cook time: **20 minutes**



Rest time:



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Total time: **30 minutes**



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Servings: **servings**



Calories: **kcal**

Best Season: **Summer**

Description

Enjoy a flavorful and spicy dish with tender ground beef, crisp bell

peppers, and a savory-sweet sauce served over rice.

See also Teriyaki Steak Bites Recipe

Ingredients

- ☐ 1 pound Lean Ground Beef
- ☐ 1 Tablespoon olive oil
- ☐ 1 teaspoon sesame oil
- ☐ ½ Cup yellow onion, diced
- ☐ 1 Cup green bell pepper, cut into thin slices
- ☐ 1 Cup red bell pepper, cut into thin slices
- ☐ 3 cloves garlic, minced
- ☐ 1 teaspoon grated ginger root
- ☐ ¼ Cup soy sauce
- ☐ ⅓ Cup beef broth
- ☐ 2 Tablespoon honey
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon chili garlic sauce (I used Huy Fongs)
- ☐ ½ teaspoon black pepper
- ☐ ¼ teaspoon red pepper flakes
- ☐ Cooked rice for serving
- ☐ Sliced green onions and sesame seeds for garnish

Instructions

1. Add the ground beef to a large skillet or wok over medium heat. Break up into small pieces and cook until no pink remains. Drain the fat and set the meat aside in a bowl covered with foil.
2. Add the olive oil and sesame oil to the pan and increase the heat to medium-high.
3. Once the oil is hot, add the onions, green and red bell peppers. Stir

fry for 4-5 minutes until the vegetables are tender.

4. Add in the minced garlic and grated ginger and cook for 1 more minute until fragrant.
5. Return the meat to the pan. Reduce the heat to medium.
6. Combine the soy sauce, beef broth, honey, cornstarch, chili garlic sauce, black pepper and red pepper flakes in a small bowl or jar and mix well.
7. Pour the sauce over the meat and vegetables. Cook for 2-3 minutes until the sauce is thickened enough to coat the back of a spoon.
8. Garnish with green onions and sesame seeds and serve over your favorite rice.

Notes

Adjust the chili garlic sauce and red pepper flakes to control the spiciness level.

Keywords: Beef, Bell Peppers, Spicy, Rice Bowl, Asian