



ESRD Dietitian Corner

Red meat is high in saturated fat, which can contribute to heart disease. Therefore, consider using a lean meat, such as beef tenderloin, flank steak, or top loin.



Korean Bulgogi



“This was the first dish I enjoyed when I arrived in the Republic of Korea in April of 2000 after a 13-hour flight during my first deployment overseas. I will always remember the appearance, flavor, and aroma like it happened yesterday. This recipe is sentimental and nostalgic.”

—Verneeky, Care Partner

Ingredients



Prep: 24 hours



Cook: 25 minutes



Servings: 6

1 ½ lbs. sirloin tip/beef tenderloin/ribeye steaks

¼ C. soy or teriyaki sauce

3 Tbsp. brown sugar

¾ C. pear puree

2 Tbsp. rice wine vinegar or lemon juice

1 Tbsp. oil of choice

1 Tbsp. minced/grated garlic/ginger (fresh or powder)

3 C. rice

1 lb. carrots, sliced

1 large yellow Vidalia onion

6 stalks green/spring onion

3 bell peppers, sliced

1 C. snow peas

Sesame seed and ground pepper to taste

Directions

1. Wash and rinse meat with cold water. Carve into thin strips, if not already.
2. Combine beef with soy/teriyaki sauce, brown sugar, pear puree, vinegar/lemon juice, oil, garlic/ginger in a gallon-sized sealed plastic bag. Shake and place in refrigerator to marinate from 2–24 hours.
3. Cook rice in rice cooker or as directed when ready to cook the meat. (White rice is preferred due to lower phosphorous levels.)
4. Remove marinated meat from refrigerator, drain, and discard marinade.
5. Heat oil of choice and sauté beef until slightly charred.
6. Add cut vegetables. Mix until they are thoroughly cooked to a crispy, tender texture.
7. Serve over bed of rice.

Tips for Success

Instead of...	Try this...	For...
Soy sauce	Amino acids (Liquid aminos, found in the spices and seasonings section of the grocery store, near the soy sauces)	Less salt
Ribeye	Beef tenderloin	Less phosphorous
Pear puree	Apple juice	Less potassium



This recipe was made by patients for patients in the kidney community. Before you make any recipe, please check with your kidney care team and other providers. They can talk to you about your specific nutrient needs.

Celebration of Cultures Recipes—Meals

C. = Cup; ESRD = End Stage Renal Disease; lb. = Pound; Tbsp. = Tablespoon

Legend: = Dialysis patient recipe; = Transplant patient recipe

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