

Vegan Sukiyaki, A Japanese Hot Pot

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/bukkake-udon-japanese-cold-noodles-with-broth-recipe>

Ingredients:

- 4 cups water
- 3/4 cup Bragg Liquid Aminos or Tamari or soy sauce for non gluten free option
- 3/4 cup cooking wine mirin rice
- 1/2 cup sake
- 3 tablespoons sugar I used coconut palm sugar
- 8 ounces udon shirataki, cellophane or other noodles of choice, I did a mix
- 2 cups bok choy chopped
- 2 cups napa cabbage chopped
- 2 cups shitake mushrooms stemmed and sliced
- 1 cup Chinese broccoli or broccolini
- 1 cup sliced carrots
- 1 cup green onions cut into 4 inch pieces
- 14 ounces extra firm tofu package
- broth
- oil

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 70 grams
3. Fat: 15 grams
4. Fiber: 8 grams
5. Protein: 26 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1400 milligrams
8. Sugar: 13 grams

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