

Gyudon (Japanese Beef & Rice Bowls)

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-soul-food-gyudon-recipe>

Ingredients:

- neutral oil such as vegetable or canola oil
- 2 onions medium, very thinly sliced
- 1 pound beef very thinly sliced, fatty beef chuck or ribeye
- 2 teaspoons sugar
- 2 tablespoons mirin
- 2 tablespoons soy sauce
- 1 cup dashi stock can also substitute beef or chicken stock
- 4 eggs
- 4 cups white rice cooked short-grain or medium-grain
- 1 scallion chopped
- 2 teaspoons toasted sesame seeds optional

Nutrition:

1. Calories: 1100 calories
2. Carbohydrate: 157 grams
3. Cholesterol: 290 milligrams
4. Fat: 30 grams
5. Fiber: 3 grams
6. Protein: 44 grams
7. SaturatedFat: 9 grams
8. Sodium: 700 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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