

Japanese Beef and Vegetable Hot Pot (Sukiyaki)

Yield: 7 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-hot-pot-recipe>

Ingredients:

- 1 cup chicken stock or dashi, use broth for gluten free
- 1/2 cup Japanese soy sauce use tamari for gluten free
- 1/2 cup mirin or sake, use sake for a more savory broth
- 1/4 cup sugar optional
- 4 ounces cellophane noodles or shirataki
- boiling water
- 2 tablespoons vegetable oil divided, plus more as needed
- 1 pound beef well-marbled tender, sirloin tip, top sirloin, or tenderloin, sliced paper thin across the grain, then cut into bite-size...
- 1 yellow onion large, halved and cut into thin crescents
- 1 cup shiitake fresh, enoki, or button mushrooms
- 2 carrots medium, peeled and cut into 1/4 inch diagonal slices
- 2 stalks celery cut into 1/4 inch diagonal slices
- 5 green onions white and green parts, cut into 2-inch diagonal lengths
- 9 ounces firm tofu package broiled, cut into 16 pieces
- 2 nonstick cooking spray small heavy cutting boards, heat-proof bowl, colander, dutch oven or heavy bottomed pot, sheet tray, aluminum...

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 45 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1150 milligrams

9. Sugar: 10 grams
 10. TransFat: 1 grams
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