

Basic Japanese Hot Pot (Yosenabe)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-shrimp-pasta-recipe-soy-sauce>

Ingredients:

- 1 bunch enoki mushrooms
- 8 shiitake mushrooms
- 1 leek white part only, chopped
- 1 carrot sliced
- 1 cup baby spinach optional
- 2 ounces rice noodles or sweet potato noodles
- 14 ounces medium firm tofu or block silken
- 1/2 pound beef thinly sliced, optional
- 8 shrimps large, optional
- 8 clams optional
- 4 cups broth dashi
- 3 tablespoons soy sauce
- 1 1/2 tablespoons mirin
- 3 tablespoons sake
- 1 teaspoon salt

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 70 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 2150 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

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