

Japanese Inspired Slow Cooker Roast

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-miso-beef-recipe>

Ingredients:

- 2 pounds beef roast
- 5 tablespoons minced garlic
- 1 onion finely diced
- 14 ounces beef broth /stock, [Link here](#)
- 6 ounces rice wine
- 1 teaspoon miso paste
- 1/3 cup soy sauce more if desired
- 4 slices fresh ginger
- 2 tablespoons white sugar
- ground black pepper to taste

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 120 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 54 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 3740 milligrams
9. Sugar: 8 grams

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