

# Japanese Meat and Potato Stew (Nikujaga)

Yield: 2 min  
Total Time: 40 min

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

## Ingredients:

- 7 ounces beef thinly sliced, note 1
- 2 potatoes about 600g, cut into 3-4cm cubes
- 4 1/4 ounces onion sliced into 1cm wide
- 9/16 cup carrot thinly sliced into 4-5mm thick, then cut in halves or quarters, note 2
- 3 1/2 ounces shirataki konnyaku yum noodles cut into long strands about 10cm long, note 3
- 1 tablespoon oil
- 3 cups dashi stock
- 2 tablespoons sake
- 1/2 tablespoon mirin
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 3/4 ounces green beans blanched and cut into 3cm long, note 4

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 70 milligrams
4. Fat: 26 grams
5. Fiber: 7 grams
6. Protein: 40 grams
7. SaturatedFat: 7 grams
8. Sodium: 1940 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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