

# Nikujaga - Japanese beef stew

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-sweet-soy-egg-recipe>

## Ingredients:

- 1 onion large, finely chopped
- 2 potatoes medium size, peeled and roughly chopped
- 2 carrots medium size, roughly chopped
- 1/2 pound beef finely sliced, put beef in the freezer for about 10 minutes, then slice
- 2 tablespoons sake
- 2 tablespoons neutral oil
- 2 1/2 cups dashi stock
- 1/3 cup soy sauce
- 2 tablespoons granulated sugar
- 2 tablespoons mirin

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 40 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 4 grams
8. Sodium: 1490 milligrams
9. Sugar: 10 grams
10. TransFat: 0.5 grams

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