

Yakiniku Donburi: Japanese Beef and Vegetable Rice Bowl

Yield: 2 min
Total Time: 13 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-vegetable-rice-bowl-recipe>

Ingredients:

- sauce For Yakiniku
- 1/4 cup soy sauce
- 2 tablespoons mirin
- 2 1/2 tablespoons granulated white sugar
- 2 teaspoons sesame oil
- 1 clove garlic
- 1 1/2 teaspoons roasted white sesame seeds ground
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- rice For Yakiniku, Bowl:
- assorted vegetables your choice
- olive oil
- 1/4 yellow onion sliced thinly
- 3/4 pound beef thinly cut, such as Japanese Shabu-shabu cut beef or sukiyaki-cut beef
- 4 cups white rice or cooked brown

Nutrition:

1. Calories: 2040 calories
2. Carbohydrate: 334 grams
3. Cholesterol: 115 milligrams
4. Fat: 46 grams
5. Fiber: 6 grams
6. Protein: 62 grams
7. SaturatedFat: 13 grams
8. Sodium: 2190 milligrams
9. Sugar: 23 grams
10. TransFat: 1.5 grams

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