

Caramelized Onion And Beef Loco Moco

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/lovco-moco-gravy-japanese-recipe>

Ingredients:

- 3 tablespoons canola oil
- 3 onions large, sliced 1/4-inch thick
- ground black pepper
- kosher salt
- 1 1/2 pounds ground beef
- 2 bunches scallions white and green parts, sliced 1/4 inch thick, 1 tablespoon greens reserved for garnish, optional
- 1 tablespoon minced garlic
- 1 tablespoon soy sauce naturally brewed
- 2 cups beef stock fresh
- 1 tablespoon cornstarch mixed with 1 tablespoon water
- 4 large eggs
- 3 cups white rice
- 3 cups brown rice

Nutrition:

1. Calories: 1630 calories
2. Carbohydrate: 235 grams
3. Cholesterol: 325 milligrams
4. Fat: 46 grams
5. Fiber: 9 grams
6. Protein: 65 grams
7. SaturatedFat: 14 grams
8. Sodium: 870 milligrams
9. Sugar: 6 grams
10. TransFat: 1.5 grams

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