



Japanese Beef and Vegetable Hot Pot (Sukiyaki)

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb beef paper thin sliced cut into bite-sized pieces (sirloin tip, top sirloin, or tenderloin)
- ☐ 1 cup mushrooms fresh
- ☐ 2 medium carrots peeled cut into 1/4 inch diagonal slices
- ☐ 2 stalks celery cut into 1/4 inch diagonal slices
- ☐ 4 ounces vermicelli
- ☐ 1 cup chicken stock see gluten free for (use broth)
- ☐ 5 spring onion cut into 2-inch diagonal lengths

- ☐ 0.5 cup veggie broth for a more savory broth (use sake)
- ☐ 0.5 cup soya sauce gluten free for (use tamari)
- ☐ 9 ounce tofu firm cut into 16 pieces
- ☐ 2 tbsp vegetable oil divided as needed plus more
- ☐ 8 servings water boiling
- ☐ 1 large onion yellow halved cut into thin crescents

Equipment

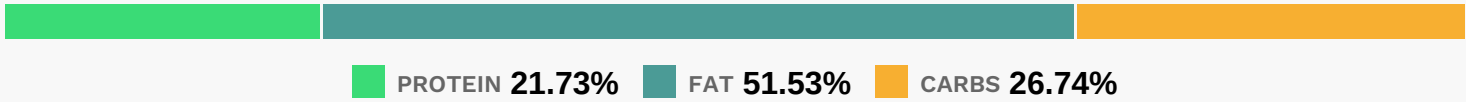
- ☐ bowl
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven
- ☐ colander
- ☐ cutting board

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Japanese Beef and Vegetable Hot Pot (Sukiyaki)
- ☐ Sauce Ingredients1 cup chicken stock or dashi (use broth for gluten free)1/2 cup Japanese soy sauce (use tamari for gluten free)1/2 cup mirin or sake (use sake for a more savory broth)1/4 cup sugar (optional)Hot Pot Ingredients4 ounces shirataki or cellophane noodles
- ☐ Boiling water2 tbsp vegetable oil, divided, plus more as needed1 lb well-marbled tender beef (sirloin tip, top sirloin, or tenderloin), sliced paper thin across the grain, then cut into bite-sized pieces1 large yellow onion, halved and cut into thin crescents1 cup fresh shiitake, enoki, or button mushrooms2 medium carrots, peeled and cut into 1/4 inch diagonal slices2 stalks celery, cut into 1/4 inch diagonal slices5 green onions, white and green parts, cut into 2-inch diagonal lengths9 ounce package broiled firm tofu, cut into 16 pieces
- ☐ You will also need2 small heavy cutting boards, heat-proof bowl, colander, dutch oven or heavy bottomed pot, sheet tray, aluminum foil, nonstick cooking spray
- ☐ Total Time: 45 Minutes

- ☐ Servings: 6–8 servings
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:12.696086865404%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 291.04kcal (14.55%), Fat: 16.65g (25.62%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 17.78g (6.47%), Sugar: 3.01g (3.34%), Cholesterol: 41.16mg (13.72%), Sodium: 985.2mg (42.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.6%), Vitamin A: 2699.9IU (54%), Vitamin K: 27.88µg (26.55%), Vitamin B3: 4.15mg (20.74%), Vitamin B12: 1.22µg (20.3%), Zinc: 2.73mg (18.2%), Selenium: 11.71µg (16.73%), Vitamin B6: 0.31mg (15.28%), Phosphorus: 147.34mg (14.73%), Iron: 2.48mg (13.75%), Vitamin B2: 0.21mg (12.08%), Potassium: 377.78mg (10.79%), Copper: 0.18mg (9.09%), Calcium: 83.62mg (8.36%), Manganese: 0.17mg (8.31%), Magnesium: 26.82mg (6.7%), Fiber: 1.66g (6.65%), Vitamin B1: 0.1mg (6.62%), Folate: 25.26µg (6.32%), Vitamin B5: 0.63mg (6.28%), Vitamin C: 4.32mg (5.24%), Vitamin E: 0.71mg (4.75%)