

BEEF SUKIYAKI

4 servings, 30 minutes

1 lb of thinly sliced beef - you can buy sukiyaki beef at an Asian grocery pre-sliced, or you can use ribeye (you want some of that fat). I put my ribeye in the freezer for 30 minutes - 1 hour to make it easier to thinly slice

1 small head of Napa cabbage (chopped into bite size pieces)

1/2 bunch of crown daisy or arugula (chopped)

1 bunch of scallions chopped (with white pieces) could also use leek if you have it!

1 package enoki mushrooms (cut off the bottoms and tear into smaller bundles)

Handful of shiitake mushrooms, sliced with the stems removed

1/2 package of firm tofu cubed

1 carrot shredded or thinly sliced

1 package shirataki noodles (plant based) can also use sea kelp noodles (both can be found at wholefoods) drain and rinse these in cold water

1 Tablespoon brown or white sugar (optional)

1-5 cups dashi (depending on how soupy you like it. [Click here](#) for Instant Hon Dashi (Soup Stock) 4.23 Oz.

Sukiyaki sauce

3/4 cup sake

1/2 cup mirin

1/8 cup sugar

1 cup soy sauce or tamari or coconut aminos

1. Combine all of the sauce ingredients and simmer. While this is happening, gather your other ingredients and chop the vegetables. After the sauce simmers and the sugar has dissolved, turn off the heat and let the sauce sit.
2. Heat a deeper nonstick skillet with some peanut or canola oil (other neutral oils like avocado oil can be used as well).
3. Sauté your beef with a pinch of salt and some brown sugar if you'd like. The sugar is optional!
4. Pour the sukiyaki sauce over the beef and let simmer for about a min. Add in a cup of dashi.
5. Add in the rest of the ingredients and more dashi if you'd like. The veggies should be about 2/3 covered with the broth. But it can also be as much or as a little as you'd like.
6. Bring to a boil and then reduce to a simmer and cook until the veggies are tender.