



## Sukiyaki

### Ingredients

1 ¼ Cup Low Sodium Vegetable Broth  
2 ¼ Cup Low Sodium Beef Broth  
1 1/2 Tbsp Vegetable Salad Oil  
1 ½ lbs. Flank Steak, Raw Sliced Thin, 1" Strips  
1 lb. 5 oz. Bok Choy, Fresh Sliced 1/4"  
3/4 Cup Green Onions, Fresh Sliced Thin  
1 lb. 5 oz. Yellow Onions, Fresh Sliced Thin  
3 Ounce Shiitake Mushrooms, Fresh Sliced Thin  
¼ Cup + 2 Tbsp Low Sodium Soy Sauce  
¼ Cup + 2 Tbsp Sake  
1 Cup + 2 Tbsp Granulated Sugar  
2 ¼ Tsp Chili Powder  
4 ½ Tbsp Cornstarch

### Preparation

In a wok, heat oil.

Add beef. Stir-fry until browned.

Add bok choy, green onion, yellow onion and mushrooms. Cook for 2 minutes.

Add LS vegetable and beef broths, soy sauce, sake, sugar and chili powder. Bring to a simmer.

Make a slurry with cornstarch and cold water (not listed). Stir into simmering mixture. Simmer until vegetables are tender and sauce has thickened.

**Serves 6**

**Portion: 11 oz.**

### Nutrition Facts (per serving)

<b>Calories</b>	<b>342</b>
<b>Fat (g)</b>	<b>10.9</b>
<b>Saturated Fat (g)</b>	<b>3.4</b>
<b>Cholesterol (mg)</b>	<b>44</b>
<b>Sodium (mg)</b>	<b>988</b>
<b>Carbohydrate (g)</b>	<b>30.5</b>
<b>Fiber (g)</b>	<b>3.1</b>
<b>Protein (g)</b>	<b>27.1</b>
<b>Calcium (mg)</b>	<b>141</b>

