UCI Health

Sukiyaki with assorted mushrooms

Ingredients

Sukiyaki
- ½ tablespoon canola oil
- 8 ounces thinly sliced beef or chicken
- 2 leeks, thinly sliced
- 6 fresh or dried shiitake mushrooms, rehydrated if dry
- 4 cups napa cabbage, cut into bite-size pieces
- 12 ounces silken tofu, cut into 1" cubes
- 5 ounces enoki mushrooms
- ½ cup oyster mushrooms
- 8 ounces shirataki noodles
- 3 cups baby spinach
- 3 cups broth, preferably dashi or vegetable

Sauce
- 2 tablespoons sake or rice wine
- ¼ cup mirin
- 1 tablespoon brown sugar
- ¼ cup tamari or soy sauce

Directions

- Combine all the sauce ingredients and set aside.
- Rinse all mushrooms and vegetables thoroughly.
- Heat the oil in a small pot. Cook the meat, remove it from the pot, and set aside.
- Add the leeks and shiitake mushrooms into the pot and cook until the mushrooms are soft.
- Add the cabbage and cook until the cabbage is soft.
- Add the sauce to the pot and mix well.
- Arrange the tofu, enoki and oyster mushrooms, spinach and noodles around the pot, then top with stock.
- Bring to a boil and cook until mushrooms are tender.
- Add meat back into pan, taste and adjust seasoning as needed, and serve.

Nutritional Information

Servings: 4
Cost: $14.22/$4.05 per serving
Calories: 326 per serving

Recipe and photo by Jessica VanRoo, executive chef of the Susan Samueli Integrative Health Institute, part of UCI Health.