



CHOP SUEY

Number of servings: 4

Ingredients:

- 1 medium round onion
- 1 clove garlic
- ¾ -1 pound pork OR chicken
- 2 (10-ounce) packages chop suey mix

Seasoning:

- 1 tablespoon ginger
- 2 tablespoons soy sauce
- ½ teaspoon sugar
- Optional: ½ teaspoon salt

Gravy:

- 1 tablespoon cornstarch
- 1 cup broth
- 1 tablespoon soy sauce
- ½ teaspoon sugar

Directions:

1. SLICE onion. SET aside.
2. MINCE ginger and CRUSH garlic. SET aside.
3. SLICE pork or chicken into thin strips.
4. In a small bowl, COMBINE seasonings and SET aside.
Optional: ADD salt.
5. In another small bowl, MIX gravy ingredients. SET aside.
6. In a large pot, FRY pork or chicken.
7. ADD garlic and seasoning, MIX well.
8. ADD onions and chop suey mix. MIX well.
9. ADD gravy ingredients to vegetables. MIX well.

Variations:

Use other fresh vegetables such as carrots and broccoli and other meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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