



CHOW FUN

Number of servings: 8

Ingredients:

- 5-6 leaves green onion and/OR ½ medium round onion
- ¾ pound lean meat
- 2 (14-ounce) packages refrigerated chow fun noodles
- 2 (9 or 10-ounce) packages chop suey mix and/OR bean sprouts
- Optional: sesame seeds Chinese parsley

Marinade:

- 1 thumb size piece ginger
- 1 tablespoon less sodium soy sauce
- ½ teaspoon sugar
- ½ teaspoon salt

Seasoning:

- 1 thumb size piece ginger
- ½ teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons less sodium soy sauce

Directions:

1. SLICE green onion and/OR round onion. SET aside.
2. CRUSH ginger for marinade and seasoning. SET aside.
3. SLICE meat into strips.
4. In a small bowl, MIX marinade ingredients and ADD meat. SET aside.
5. In another small bowl, MIX seasoning ingredients.
6. In a large pot or skillet, SAUTÉ meat until BROWN.
7. ADD chow fun noodles to meat, and MIX.
8. ADD seasoning mixture and vegetables to pot. MIX WELL.
9. STIR-FRY until vegetables are tender but crisp.
10. Optional: ADD sesame seeds and Chinese parsley as garnish.

Variations:

Use various vegetables, fresh or canned meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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