



GON LO MEIN

Number of servings: 10

Ingredients:

- ½ (12-ounce) can lite luncheon meat
- 2 (9-ounce) packages chop suey mix
- 3 tablespoons oyster sauce
- 2-3 tablespoons water
- 2 (10-ounce) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, and STIR.
4. In a small bowl, COMBINE oyster sauce and water (to total about 1/3 cup), and POUR over meat and vegetables. MIX well.
5. ADD noodles and MIX.

Variations:

Use other sliced meats.

Use 1½ cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.

For topping add:

scrambled eggs (sliced thinly), green onions (chopped into 1-inch lengths), Chinese parsley (chopped into 1-inch lengths).

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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