

SAMOAN CHOP SUEY (SAPASUI)

Number of servings: 11
Serving Size: ½ cup

Ingredients:

- 2 (7.75-ounce) packets bean thread
- 8-9 cloves garlic
- ½ medium onion
- 1 (15-ounce) can corn
- ½ medium head cabbage
- 1 teaspoon oil
- 1 (11.5-ounce) can corned beef
- 2 cups water
- 2 tablespoons soy sauce
- ½ teaspoon black pepper

Directions:

1. In a large bowl, SOAK bean threads in cold water for 10-15 minutes. DRAIN.
2. MINCE the garlic, SLICE the onion, and DRAIN the corn.
3. DICE cabbage.
4. In a large pan, HEAT oil on medium heat.
5. ADD garlic and onions. FRY until onions are clear.
6. ADD bean threads, cabbage, corned beef, and water. SIMMER for 3-5 minutes.
7. ADD corn, soy sauce, and pepper and STIR.
8. SIMMER on low for 10 minutes, or until bean threads are tender.

Nutrition Facts	
Serving Size ½ cup (208g)	
Servings Per Container 11	
Amount Per Serving	
Calories 260	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8 %
Saturated Fat 2g	9 %
Trans Fat 0g	0 %
Cholesterol 20mg	7 %
Sodium 480mg	20 %
Total Carbohydrate 41g	14 %
Dietary Fiber 3g	13 %
Sugars 6g	
Protein 13g	
Vitamin A 0%	Vitamin C 25%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4	

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

For more information: <http://www.ctahr.hawaii.edu/NEW/resources/SafeFoodHandling.pdf>

* Recipe contributed by the American Samoa Community College Cooperative Extension Service