

CHOW FUN

INGREDIENTS

- 1 small **round onion**
- $\frac{3}{4}$ pound **lean beef**
- 2 tablespoons **vegetable oil**
- 4 (6 ounce) packages **refrigerated chow fun noodles**
- 2 (9 ounce) packages **chop suey mix**
- Optional: **sesame seeds, Chinese parsley (cilantro), green onions**

Marinade:

- 1 (2 inch) piece **ginger**
- $\frac{1}{2}$ teaspoon **sugar**
- $\frac{1}{2}$ teaspoon **salt**
- 1 tablespoon **less sodium soy sauce**

Seasoning:

- 1 (1 inch) piece **ginger**
- 1 teaspoon **sugar**
- $\frac{1}{2}$ teaspoon **salt**
- 3 tablespoons **less sodium soy sauce**

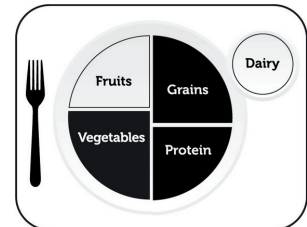
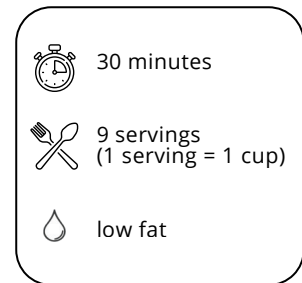
DIRECTIONS

Always practice food safety when cooking.

- 1) Cut round onion in $\frac{1}{4}$ inch thick slices. Set aside.
- 2) Crush ginger for marinade and seasoning. Set aside.
- 3) Slice meat into $\frac{1}{4}$ inch strips.
- 4) In a small bowl, mix marinade ingredients and add meat. Set aside.
- 5) In another small bowl, mix seasoning ingredients. Set aside.
- 6) In a large pan on medium high heat, add oil and sauté meat until brown. Remove excess fat.
- 7) Reduce to medium heat. Add chow fun noodles. Mix.
- 8) Add seasoning mixture and vegetables to pan. Mix well.
- 9) Stir-fry for about 2 minutes or until vegetables are tender but still crisp.
- 10) Turn off heat. Cover with a lid and let sit for about 2 more minutes.
- 11) Optional: Add sesame seeds, Chinese parsley, and/or green onions as garnish.

NOTES

- Thin slices of lean pork, chicken, or turkey can be used in place of lean beef. Lean ground meat or shrimp can also be used.
- Additional leafy greens like choy sum and bok choy can be added.
- Carrots, celery, broccoli, green beans, watercress, or cabbage can be added. Thinly slice these vegetables for quick cooking.



Nutrition Facts	
9 servings per container	
Serving size	1 cup (194g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 740mg	32%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 145mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.