

Main Dishes

Poultry

Chicken Chop Suey

Pork can just as easily be used in place of the chicken. Chinese cooking is easy, so give it a shot.

- 1 lb. chicken sliced 1/4" thick in strips
- 1 cup chicken broth
- 1 Tb. soy sauce
- 1 pkg. artificial sweetener or 2 tsp. sugar
- 1 Tb. oil
- 1 clove garlic, minced
- 2 green peppers, coarsely chopped
- 4 stalks celery, coarsely chopped
- 2 medium onions coarsely chopped
- 3 oz. mushrooms, sliced
- 1 Tb. cornstarch mixed with 2 Tb. water
- 1/2 lb. bean sprouts



Combine broth, soy sauce and sweetener.

In wok heat oil and add chicken.

Stir-fry until lightly browned.

Add garlic and then remove meat.

To same wok, add pepper, celery, onions, and mushrooms; stir-fry 3 to 4 minutes.

Add broth mixture and meat.

Cover and cook 5 minutes.

Add cornstarch; bring to a boil.

Add bean sprouts and stir-fry until well mixed and hot.

Yield: 4 servings.