

# Vegetable Chop Suey Recipe

by Admin

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### **Vegetable Chop Suey**

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Chop suey is another dish that you can make into just about whatever you want. You can add meat like pork, chicken or beef. You can also mix and match vegetables to your own unique tastes. This is quite a simple recipe, so modify it to your heart's content.

This recipe makes about 6 servings.

#### **Ingredients**

- 3 tablespoons shortening
- 1 cup diced onion
- 4 chopped carrots
- 4 chopped stalks of celery
- 1 1/2 cups chopped cauliflower
- 1 1/2 cups chopped broccoli
- 1 cup water
- 1 cup bean sprouts

#### *Sauce*

- 2/3 cup water
- 1/3 cup soy sauce
- 3 tablespoons cornstarch
- 2 tablespoons sugar

### Preparation

Heat the shortening in a wok or frying pan over medium heat. Add the onion, carrots and celery.



Saute until softened slightly. Add the cauliflower, broccoli and the 1 cup of water.

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Place a lid on your pan and bring to a boil. Then simmer for about 5 minutes. Remove the lid and add the bean sprouts, cooking for a few minutes more.

In a small bowl, whisk together the  $\frac{2}{3}$  cup water, soy sauce, cornstarch and sugar. Add it to the vegetable mix and stir until thickened. Allow to simmer for a few minutes more or until the vegetables are at your desired softness.



Serve with rice or alongside your favorite Chinese dish.

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