Good Grinding for Wise Dining
Chop Suey

**Number of servings:** 2
*1 recipe will make 6-8 “taste” servings*

**Ingredients:**
- ½ clove garlic
- ½ medium round onion
- ½ pound pork or chicken
- 1 package (10-ounce) chop suey mix

**Seasoning:**
- ½ tablespoon ginger
- 1 tablespoon soy sauce
- ¼ teaspoon sugar
- Optional: ¼ teaspoon salt

**Gravy:**
- ½ tablespoon cornstarch
- ½ cup broth
- ½ tablespoon soy sauce
- ¼ teaspoon sugar

**Directions:**
1. CRUSH garlic, SET aside
2. SLICE onion.
3. SLICE pork or chicken into thin strips.
4. MINCE ginger.
5. In a small bowl, COMBINE seasonings and SET aside.
6. In another small bowl, MIX gravy ingredients. SET aside.
7. In a large pot, FRY pork or chicken.
8. ADD garlic and seasonings, MIX well.
9. ADD onions and chop suey mix. MIX well.
10. In a small bowl, COMBINE gravy ingredients and ADD to vegetables. MIX well.
Variations:
Use other fresh vegetables and meats.

Equipment
- Electric skillet or hot plate and wok
- Knife
- Cutting board
- Colander
- Measuring cups
- Measuring spoons
- Tongs or mixing spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.