CHOW FUN

Number of servings: 8

Ingredients:
- 5-6 stalks green onion and/OR ½ medium round onion
- ¾ pound lean meat
- 2 (14-ounce) packages refrigerated chow fun noodles
- 2 (9 or 10-ounce) packages chop suey mix and/OR bean sprouts
- Optional: sesame seeds
- Chinese parsley

Marinade:
- 1 thumb size piece ginger
- 1 tablespoon soy sauce
- ½ teaspoon sugar
- ½ teaspoon salt

Seasoning:
- 1 thumb size piece ginger
- ½ teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons soy sauce

Directions:
1. SLICE green onion and/OR round onion. SET aside.
2. CRUSH ginger for marinade and seasoning. SET aside.
3. SLICE meat into strips.
4. In a small bowl, MIX marinade ingredients and ADD meat.
5. In another small bowl, MIX seasoning ingredients.
6. In a large pot or skillet, SAUTÉ meat until BROWN.
7. ADD chow fun noodles to meat, MIX.
8. ADD seasoning and vegetables to noodles, MIX WELL.
9. STIR FRY until vegetables are tender but crisp.
10. Optional: ADD sesame seeds and Chinese parsley as garnish.

Variations:
Use various vegetables.
Use various fresh or canned meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.