



Veggie Chop Suey

- 3 large carrots, sliced
- 1 medium onion, sliced
- 1/2 package mushrooms, sliced
- 3-4 celery stalks sliced
- 2 cups broccoli florets/stems
- 1 can or 1 c fresh bean sprouts. If you use canned - rinse them!
- 1 can sliced water chestnuts - rinsed
- 2 cups fresh pea pod

In a separate bowl mix together your sauce ingredients and set aside.

- 2 T oyster sauce
- 2T soy sauce
- 1 t sugar
- 1T cornstarch
- 1 1/2 cups COLD chicken broth
- 1/2 t Chinese hot chili sauce

Heat a very large skillet with about 1 t canola or olive oil.

Add all the veggies but the pea pods and bean sprouts and stir. With the heat on medium, cover and let steam for 5 minutes, stirring occasionally. Cook until al dente.

Add pea pods and bean sprouts. Add the sauce and cook until it thickens. Serve with rice or noodles.

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