

Chow Mein

Ingredients:

3 lb. pork, cubed
1 c. soy sauce
3 bunches celery, thinly sliced
3/4 c. cornstarch
3 (10 oz.) cans sliced water chestnuts, drained
3 sm. cans sliced mushrooms, drained
3 lb. beef, cubed
3 c. water
3 med. onions, chopped
3/4 c. water
3 (2-1/2 c. each) cans bean sprouts, drained
Pepper and more soy sauce to taste

Preparation:

In large heavy pot brown meat well in 1/4 cup hot oil, removing as browned with a slotted spoon and adding more oil as necessary. Return meat to pot and add soy sauce and water. Turn heat down and add celery and onions; simmer 1-1/2 hours until meat is tender. Blend cornstarch and water; add to meat mixture to thicken. Add water chestnuts, bean sprouts and mushrooms. Heat through. Season to taste. Serve over rice or chow mein noodles.

Makes 25 servings