

Chop Suey

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Church of St Peter, Mendota, MN - Our Favorite Recipes, September, 2003

1 *tablespoon oil*
2 - 3 *pounds ground meat (beef, pork or chicken) or shrimp*
1/2 *cup water*
soy sauce (to taste)
1 *package chop suey mix*
oyster sauce (to taste)
2 *cloves garlic*
1 *cup carrots, julienned*
1 *green pepper, cut diagonally*
3 *stalks celery, cut diagonally*
3/4 *pound pea pods*
3/4 *pound mushrooms*
1 *can (8 ounce) water chestnuts, sliced*
1 *can (8 ounce) bamboo sheets, drained*
1/2 *pound bean sprouts, drained*
6 *green onions, diced*

Heat the oil in a wok and add the meat for browning.

Make the sauce by combining the water, soy sauce, chop suey mix and oyster sauce.

Add the sauce to the meat and cook for 10 minutes.

Add the remaining ingredients (all of the vegetables) and cook until just tender. Do NOT simmer this food.

Per Serving (excluding unknown items): 550 Calories; 17g Fat (24.6% calories from fat); 28g Protein; 87g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 210mg Sodium. Exchanges: 16 1/2 Vegetable; 2 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	550	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	24.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	57.0%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	18.4%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	17g	Folacin (mcg):	477mcg
Saturated Fat (g):	2g	Niacin (mg):	20mg

Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 0mg
Carbohydrate (g): 87g
Dietary Fiber (g): 27g
Protein (g): 28g
Sodium (mg): 210mg
Potassium (mg): 3443mg
Calcium (mg): 355mg
Iron (mg): 16mg
Zinc (mg): 5mg
Vitamin C (mg): 379mg
Vitamin A (i.u.): 37937IU
Vitamin A (r.e.): 3790 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 16 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 550 **Calories from Fat:** 135

% Daily Values*

Total Fat 17g	26%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrates 87g	29%
Dietary Fiber 27g	107%
Protein 28g	
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Vitamin A	759%
Vitamin C	632%
Calcium	36%
Iron	88%

* Percent Daily Values are based on a 2000 calorie diet.