

Fu Man Chew

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 8 to 10 servings

*1 cup onion, chopped
1 cup celery, sliced
2 tablespoons vegetable oil
2 pounds ground beef
2 cans (10-3/4 ounce ea)
cream of mushroom soup
1 can (14 ounces) bean
sprouts, undrained
1 can (8 ounces) sliced
water chestnuts, drained
1 cup rice, uncooked
4 tablespoons soy sauce
salt (to taste)
pepper (to taste)
1 package (6 ounces)
frozen pea pods
1 can (3 ounces) chow mein
noodles*

Preheat the oven to 350 degrees.

In a large skillet, saute' the onion and celery in oil until soft. Add the beef and cook lightly until lightly browned. Add the soup, bean sprouts, water chestnuts, rice, soy sauce, salt and pepper. Blend well.

Pour the mixture into a 13x9-inch casserole dish. Cover tightly.

Bake for 40 to 50 minutes.

Thaw the pea pods just enough to separate. Blend into the casserole. Sprinkle chow mein noodles over the top.

Continue to bake, uncovered, for 30 minutes.

Per Serving (excluding unknown items): 4376 Calories; 302g Fat (62.7% calories from fat); 18g Protein; 223g Carbohydrate; Dietary Fiber; 777mg Cholesterol; 7119mg Sodium. Exchanges: 1/2 Grain(Starch); 22 Lean Meat; 1/2 Vegetable; 48 Fat.