



CHOW MEIN

- 1/2 Pound Diced Pork
- 3/4 Pound Diced Veal
- 1/2 Pound Diced Beef
- 2 Tablespoons Fat
- 6 Tablespoons Soy Sauce
- 1 Cup Water
- 1 Bunch Celery, Cut Into 1/2 Inch Slices
- 1 Onion, Chopped
- 2 Tablespoons Cornstarch
- 1/4 Cup Water
- 1 Can Sliced Water Chestnuts
- 1 Can Bean Sprouts, Drained
- 1 Can Sliced Mushrooms
- Salt and Pepper

DIRECTIONS

1. Brown meats in fat; add soy sauce and 1 cup water.
2. Simmer for 2 minutes.
3. Add celery and onion and simmer for 1 1/2 hours.
4. Blend cornstarch with water and stir into the meat mixture.
5. Add chestnuts, bean sprouts and mushrooms, heat through.
6. Adjust seasonings.
7. Serve over cooked rice.