



CHOP SUEY

- 1 Pound Pork or Veal Shoulder, Cut into 1/2 inch Cubes
- 1/4 Cup Flour
- 2 Tablespoons Fat
- 1 Cup Water
- 2 Tablespoons Soy Sauce
- 2 Tablespoons Molasses
- 2 Teaspoons Salt
- 1/4 Teaspoon Pepper
- 1/2 Cup Diced Green Pepper
- 2 Cups Diced Celery
- 1 Cup Sliced Onion
- 1 Cup Sliced Mushrooms
- 1 1/2 Cups Canned Bean Sprouts

DIRECTIONS

1. Brown meat cubes in drippings in pressure cooker.
2. Add the flour and blend well.
3. Add water, soy sauce, molasses and seasonings.
4. Pressure cook at 15 pounds of pressure for 6 minutes.
5. Reduce pressure with cold water.
6. Open cooker and add vegetables.
7. Pressure cook again for 4 minutes.
8. Reduce pressure with cold water.