

Chicken or Shrimp Chop Suey



INGREDIENTS

3/4 cup Light Soy Sauce or Ponzu Sauce
1 cup water
1 t freeze dried chives
1 t dehydrated minced garlic
1 t powdered onion bullion
1 cup fresh mushrooms
1 medium green pepper
1 cup Chinese cabbage
4 stalks celery
4 oz. fresh onion, sliced
1 cup fresh bean sprouts
12 oz. cooked chicken, diced or shrimp
2 oz. scallions, sliced

DIRECTIONS

Mix first 5 ingredients in skillet. Dice the rest of the vegetables and add to mixture in skillet. Cook about 15 to 20 minutes or until tender. Add chicken or shrimp and scallions. Cook about 5 minutes longer until chicken is hot.

Chicken—2 servings
Shrimp—Unlimited