

On February 5 is the celebration of Chinese New Year. We are entering the year of the Pig. In Chinese culture the Pig represents wealth and is the last symbol of the Chinese Zodiac.

Chow Mein

- 1 ½ pounds of round steak, cut into small bite size pieces.
- 3 boneless pork chops, cut into small bite size pieces.
- 2 medium size onions
- 4-5 ribs of celery
- 2 15 oz. cans of bean sprouts (or fresh sprouts)
- 1 can of sliced water chestnuts
- 1 can of sliced bamboo shoots
- 1 head of Bok Choy, or Napa Cabbage, or Regular Green Cabbage
- ½ cup of low sodium soy sauce
- ½ cup of white corn syrup
- ½ cup of chicken broth
- 2 tablespoons of corn starch

Cut onions coarsely, cut celery in diagonal slices. Brown meat, onions and celery in 2 tablespoons of olive oil, when browned add the bean sprouts, bamboo shoots, water chestnuts and cabbage that has been chopped. Add a shot of soy sauce and cook mixture for about 5 minutes or until tender. Mix in a bowl the ½ cup of soy sauce, chicken broth, corn syrup and corn starch, mixing well until starch is dissolved. Pour over the meat and vegetable mixture and stir. When the liquid mixture has thickened it is ready to serve over rice or Chinese rice noodles.