

# Chow Mein

## Ingredients:

3 lb. pork, cubed  
1 c. soy sauce  
3 bunches celery, thinly sliced  
3/4 c. cornstarch  
3 (10 oz.) cans sliced water chestnuts, drained  
3 sm. cans sliced mushrooms, drained  
3 lb. beef, cubed  
3 c. water  
3 med. onions, chopped  
3/4 c. water  
3 (2-1/2 c. each) cans bean sprouts, drained  
Pepper and more soy sauce to taste

## Preparation:

In large heavy pot brown meat well in 1/4 cup hot oil, removing as browned with a slotted spoon and adding more oil as necessary. Return meat to pot and add soy sauce and water. Turn heat down and add celery and onions; simmer 1-1/2 hours until meat is tender. Blend cornstarch and water; add to meat mixture to thicken. Add water chestnuts, bean sprouts and mushrooms. Heat through. Season to taste. Serve over rice or chow mein noodles.

Makes 25 servings