

## SHRIMP CHOP SUEY RECIPE

This is my own take of Chop Suey using what I had on hand. You can substitute any type of protein you would like, such as tofu, chicken, pork or beef. This gets cooked up very quickly and is a wonderful healthy meal with fresh or frozen veggies. The back bone of this is cabbage, so be sure to have that. It could be any type, or you could use cole slaw mix in a bind or a short cut!



### Ingredients:

- 1 ½ to 2 pounds thawed and shelled shrimp or cubed chicken or tofu
- ½ head of cabbage sliced thin
- 1 onion sliced thin (can keep in circles)
- 2 carrots sliced thin
- 2 stalks celery cut on the diagonal
- ½ pound or 1 cup mushrooms sliced thin
- 1 pepper (any color, I used orange!) sliced thin, keeping long
- 2 cups broth or water
- 2 tbsp. oyster sauce
- 1 tbsp. fresh ginger grated or cut fine
- 2 tbsp. corn starch
- 1 tsp. sesame oil
- 1 tbsp. canola or vegetable oil



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### **Directions:**

- Heat up a large cast iron or non-stick skillet, add vegetable oil.
- Add onions, peppers, celery and carrots. Sauté for approx. 3 minutes, stirring frequently.
- Add mushrooms, ginger and cabbage and about 1 cup of broth. Give a few stirs and cover. Cook together for about 3 more minutes or until cabbage is tender.
- Remove vegetables into a large bowl. Add a dash of oil and cook shrimp or other protein until cooked through.
- Add vegetable mixture back into the skillet and stir to combine, still cooking.
- Make a slurry of the cornstarch and small amount of the broth. Add to the skillet with about another ½ c. of broth along with the oyster sauce and sesame oil.
- Stir well to combine and the sauce will start to thicken. Keep cooking until sauce is a nice consistency, add more broth if needed.
- Serve over rice or quinoa.
- Enjoy!