

INGREDIENTS

Chicken Chop Suey

- 2 tbsp. oil
- 1 onion, thinly sliced
- 1 clove garlic, minced
- 2 stalks **celery**
- ½ red **pepper**
- ½ green pepper
- 1 cup **mushrooms**, quartered
- ¾ lb. **chicken**, cooked
- 1 lb. fresh bean sprouts
- 1 cup chicken broth
- 1 tbsp. corn starch
- ¼ cup **soy sauce**



DIRECTIONS

1. In a large saucepan, heat the oil, then add the onion, garlic, celery, peppers, and mushrooms.
2. Add the pre-cooked chicken and bean sprouts. Sauté for 3 minutes.
3. Mix the corn starch with the soy sauce and chicken broth, then add the mixture to the saucepan.
4. Cook, stirring constantly, for approximately 2 minutes.

Serve over rice or Chinese noodles.



La Constellation
du Granit



POUR LA
RÉUSSITE ÉDUCATIVE
EN ESTRIE



Commission scolaire
des Hauts-Cantons

M MÉDIATHÈQUE
Nelly-Arcan



Québec



Canada

Take part in a treasure hunt... at the grocery store!

Pirates have hidden fabulous treasure and to find it, you must find the five ingredients shown on the treasure map below.

Enjoy your search sailor!



**CONGRATULATIONS, YOU'VE
FOUND THE PIRATE TREASURE!**



Celery



Chicken



Soy sauce



Pepper



Mushrooms

