Beef Chop Suey

This recipe for Chop Suey is a delicious combination of beef and Chinese vegetables, served over hot rice.
Yield:

12 servings
Ingredients:

2 to 2 1/2 pounds beef round roast, fat trimmed and thinly sliced into bite-size pieces
2 large cloves garlic, peeled and minced
1/4 cup Tamari sauce (can substitute soy sauce)
4 cups boiling water

Vegetables:

2 onions, halved and thinly sliced
2 carrots, thinly sliced
3 ribs celery, thinly sliced
1-2 green, red, OR yellow bell peppers, thinly sliced into sticks
6 large ribs bok choy, sliced with leaves
6 cups fresh bean sprouts (or 1 large can, drained)
8 ounce can sliced water chestnuts, drained (reserve juice)
5 ounce can (drained weight) bamboo shoots, sliced (reserve juice)
8 ounce can sliced mushrooms, drained (reserve juice)

Oil, as needed

2 beef bouillon cubes (or equivalent of beef base)
1 tablespoon fresh grated ginger
1 tablespoon brown sugar
Salt, to taste
1/4 cup cornstarch

For serving:

2 cups (uncooked measurement) white rice (6 cups cooked rice)
Tamari sauce, for serving (optional)
Crushed red pepper, for serving (optional)
Instructions:

1.
In a large stock pot, brown meat well with the garlic and tamari sauce.
Add 4 cups of boiling water. Simmer meat for 30-45 minutes. Prepare
vegetables by washing, slicing, or draining as needed.

2. Cook rice according to package instructions. While rice is cooking, heat a heavy skillet over medium heat. Add a tablespoon or two
of oil, and stir-fry the vegetables one at a time until crisp-tender:
onions, carrots, celery, peppers, and bok choy (but not the bean sprouts
or canned vegetables). After the vegetable is crisp tender, put it into
a heat-safe bowl (not in the pan with the meat) while you continue
cooking the other vegetables.

3. When vegetables are all crisp-tender, add all vegetables to the
meat (still simmering). Add the beef bouillon, ginger, and brown sugar.
Add salt to taste. Whisk together the reserved juice from the canned
vegetables and the cornstarch. Add to the hot beef mixture and cook and
stir to thicken slightly.

4. Serve hot meat and vegetable mixture over the hot cooked rice. Enjoy with additional tamari sauce on the side and crushed red pepper on top if you wish.



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This recipe is from Tammy’s Recipes.