

Chicken Chop Suey (Stir Fry)

Yield: 2 min
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chinese-chicken-chop-suey-recipe>

Ingredients:

- 3/4 pound boneless, skinless chicken breast or fillet, chopped bite size
- 1 tablespoon vegetable oil
- 2 cloves garlic minced
- 3 stalks celery chopped on the bias
- 1 cup red bell pepper chopped bite size
- 1 cup bean sprouts
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 1/4 cup chicken stock
- 1 teaspoon sesame oil
- 1 tablespoon cornstarch mixed with 2 tablespoons water
- ground white pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 110 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 39 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 960 milligrams
9. Sugar: 4 grams

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