

# Chinese Takeout Chop Suey

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 1 bunch bok choy cut into 1 inch pieces
- 8 ounces mushrooms washed and sliced
- 1/2 green pepper chopped
- 8 ounces bamboo shoots
- 14 ounces bean sprouts drained and rinsed
- 1 pound pork loin cut up into bite size pieces
- 1/2 teaspoon baking soda
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- 1 tablespoon low sodium soy sauce
- 1 tablespoon water
- 2 tablespoons vegetable oil
- 1/2 cup low sodium soy sauce
- 2 tablespoons brown sugar
- 4 cloves garlic – minced
- 2 tablespoons flour
- 1 tablespoon cooking wine rice
- 1 tablespoon vegetable oil
- 1 tablespoon vegetable oil to fry in
- 1/2 cup water

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 70 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 5 grams

8. Sodium: 1450 milligrams
  9. Sugar: 9 grams
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