

Easy Chicken Chop Suey

By: Cera Hardin via Germaine Cruz (Feb 2009)

If you like vegetables, you are going to love this recipe! To save time, prep the vegetables by cutting them the night before. Fresh vegetables taste better than prepackaged frozen stir-fry vegetables. Read the entire recipe before you begin. This is not difficult to prepare, it just takes a little more prep time cutting your fresh veggies. Yes, it is easy and healthy!

1 hour prep | SERVES 4-6

Ingredients:

- 3 boneless skinless chicken breast halves (thawed and sliced)
- 2 tablespoon white cooking wine
- 1 teaspoon Caldo de Polo chicken flavored seasoning
- ground black pepper to taste

- 3 cloves garlic (finely chopped)
- ¼ medium white onion (chopped)
- 3 tablespoons olive oil (for stir-frying)

- 2 stalks of celery (sliced diagonally)
- 1 fresh whole carrot (sliced diagonally)
- 8 fresh baby bella or white mushrooms (sliced)

- ¾ medium white onion (chopped)
- ½ medium green bell pepper (sliced ½ x 1 inch)
- ½ medium red bell pepper (sliced ½ x 1 inch)
- ¼ head of cabbage (1½ inch cube)
- 20 each snow peas or sugar snaps (clean ends)
- 1 zucchini

- 1½ quart water
- 1 tablespoon salt

- 1 14 oz can of Swanson Chicken Broth
- ¼ cup corn starch
- ¼ cup water
- 1 fresh lemon wedge



Vegetable Preparation:

Cut all your vegetables, separate into two groups: #1 celery, carrots, and mushrooms, and #2 bell peppers, cabbage, zucchini, onions, and snow peas. Measure out all your ingredients into little saucers except for the olive oil (this is so you won't forget an ingredient). Set those aside.

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Chicken Preparation:

1. Rinse and pat the chicken dry. Slice the chicken about 1/8 inch thick and 1-1/2" long.
2. In a medium bowl, combine the sliced chicken, cooking wine, seasoning, and black pepper. Set aside.
3. In the meantime, use a two quart pot and bring to a boil the quart-and-a-half of water seasoned with one tablespoon salt.
4. Heat a wok or a deep nonstick stir-fry pan on medium high until hot. Add the olive oil, chopped onions, finely chopped garlic and stir until aromatic, about 30 seconds. Add the sliced chicken by the spoonful and stir-fry for 3 to 5 minutes.
5. While the chicken is cooking, place group #1 vegetable in a mesh strainer and plunge in the boiling water till the vegetables changes color, about 30 seconds. (This is known as blanching.) Lift the mesh strainer to drain the vegetables. Transfer to a bowl. Load the mesh strainer with group #2 vegetables and this time, just dip them in the boiling water and immediately remove them. Transfer to the same bowl with the other vegetables.
6. Add Swanson Chicken Broth to the stir-fry chicken and bring to a boil. At this point, taste the broth and season to your liking.
7. Mix the cornstarch with ¼ cup tap water to form a smooth paste. Add the cornstarch mixture to the chicken mixture, all the while stirring. This will thicken the broth so stir so no lumps form. You want the sauce to have the consistency of light gravy. Once the sauce thickens, turn the heat off.
8. Pour the blanched vegetables into the chicken mixture, and stir to mix well.
9. Serve with steamed white/brown rice and a squirt of fresh squeezed lemon.
10. Serve immediately as the vegetables will continue to cook.



How to Cut Your Vegetables for Chop Suey

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 A photograph showing a whole onion and a partially cut onion on a white surface. A black-handled knife is positioned to cut the onion. The onion has been cut vertically and horizontally.	<p>Onions: Make about three cuts vertically across each onion and then three horizontally.</p>	 A photograph showing several orange carrot slices cut diagonally, along with one whole carrot.	<p>Carrots: Skin and slice diagonally.</p>
 A photograph showing a green bell pepper cut in half, with the stem and seeds removed. The pepper is then cut into strips and then in half.	<p>Bell Peppers: Cut in half, remove stem and seeds, then cut in 1/2 inch strips and then in half.</p>	 A photograph showing several stalks of green celery cut diagonally into strips.	<p>Celery: Slice diagonally.</p>
 A photograph showing several sliced mushrooms, cut into 1/8 inch thick slices.	<p>Mushrooms: Purchased pre-sliced or sliced 1/8 inch thick.</p>	 A photograph showing several green snow peas, with the stringy part removed from both ends.	<p>Snow Peas: No slicing, just remove the stringy part from both ends.</p>
 A photograph showing a whole head of garlic and a pile of finely chopped garlic.	<p>Garlic: Using the side of the knife, smash each garlic and remove outer skin. Chop finely.</p>	 A photograph showing a head of green cabbage cut into quarters, with the center core removed.	<p>Cabbage: Use 1/4 of the head of cabbage. Remove center core. Cut in half lengthwise then 3 cuts crosswise.</p>
 A photograph showing several slices of zucchini cut diagonally into 1/8 inch thick slices and then in half.	<p>Zucchini: Slice diagonally in 1/8 inch thick and then in half.</p>		