



**PREP TIME : 10 MIN**

**COOK TIME : 30 MIN**

**SERVES : 6**

### ***Ingredients :***

- ***1 Tbsp (15 mL) vegetable oil***
- ***2 cloves garlic, finely chopped***
- ***2 stalks celery, cut thinly on a diagonal***
- ***1 red pepper, cut into thin strips***
- ***1/2 red onion, cut into thin strips***
- ***1 cup (250 mL) sliced mushrooms***
- ***2 cups (500 mL) vegetable broth***
- ***2 cups (500 mL) Napa or Chinese cabbage, thinly sliced***
- ***1 cup fresh bean sprouts***
- ***1/3 cup (75 mL) VH<sup>®</sup> Garlic Rib Sauce***
- ***3 Tbsp (45 mL) cold water mixed with 2 Tbsp (30 mL) cornstarch***
- ***1 tsp (5 mL) VH<sup>®</sup> Soya Sauce***

### ***Directions :***

- 1. In a large pot heat oil and stir-fry garlic, celery, red pepper, red onion and mushrooms for 5 minutes.***
- 2. Add broth, cabbage, 3/4 cup bean sprouts and VH<sup>®</sup> Garlic Rib Sauce. Bring to a boil. Stir in***



# Vegetable Chop Suey

*constarch that has been diluted in cold water. Simmer for 20 minutes.*

*3. Serve into bowls and garnish with remaining bean sprouts. Season with VH® Soya Sauce.*

*Add this to your list of vegetarian recipes.*