

# Foster's Body & Paint

305 East Oak Street, Santa Maria, CA 93454

805-922-6191

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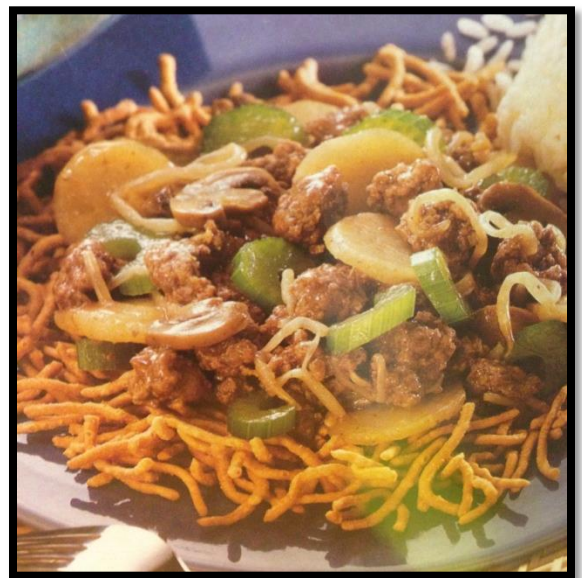
## Beef Chow Mein

### Ingredients:

- 1 lb. lean ground beef
- 1 (14 ½ oz.) can ready-to-serve beef broth
- 1 (4 oz.) can Green Giant Mushroom Pieces and Stems, drained
- 2 Tbsp. soy sauce
- 1/2 tsp. ginger
- 1 ½ cups sliced celery
- 1 (16 oz.) can bean sprouts, drained
- 1 (8 oz.) can sliced water chestnuts, drained
- 2 Tbsp. cornstarch
- 3 Tbsp. water
- 4 cups chow mein noodles or hot cooked rice

### Preparations:

- 1.) Brown ground beef in large skillet over medium heat until thoroughly cooked, stirring frequently. Drain.
- 2.) Add broth, soy sauce, ginger, celery, bean sprouts, water chestnuts and mushrooms; mix well. Cover; simmer 15 minutes, stirring occasionally.
- 3.) Meanwhile, in a small bowl, combine corn starch and water; blend until smooth.
- 4.) Stir cornstarch mixture into beef mixture. Cook until mixture boils and thickens. Serve over chow mein noodles. If desired, serve with additional soy sauce.



Makes 4 servings

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