

Inspired by
Chinese Cuisine



VEGGIE CHOW MEIN

Makes 6 servings

Ingredients

- 6 ounces spaghetti noodles (or thin flat egg noodles)
- 4 teaspoons oil
- 1 medium, finely chopped onion
- 2 finely chopped garlic cloves
- 1 cup grated carrots
- 2 teaspoons low-sodium chicken bouillon
- 1 teaspoon hot pepper sauce
- 1 cup broccoli (cut into small pieces)
- 1 cup chopped celery
- 1 cup green or red finely chopped bell peppers
- 4 teaspoons low-sodium soy sauce

How to Make

1. Prepare noodles according to package directions. Drain and set aside.
2. Cook onion and garlic with oil in frying pan for 1 minute over medium/high heat.
3. Add carrot, chicken bouillon, and pepper sauce. Stir.
4. Add broccoli, celery, and bell pepper and continue to stir.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.