
Easy Chicken Chow Mein

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

1 chicken, cooked, deboned and cut up

1 quart chicken broth, reserved from the stewed chicken

1 large can chow mein vegetables

1 1/2 tablespoons cornstarch

1/4 cup water

1 package (10 ounce) frozen chinese snow peas

chow mein noodles

4 cups cooked rice

soy sauce

Simmer the chicken in salted water until tender. Remove the chicken, debone and cut into pieces. Reserve one quart of chicken broth.

Add the chicken and chow mein vegetables to th broth. Mix the cornstarch with 1/4 cup of water and add to the chicken mixture. Add one tablespoon of soy sauce and simmer 15 to 25 minutes. Add the chinese peas and simmer for 5 more minutes.

Serve over hot rice.

Let each individual top their own serving with chow mein noodles and season with soy sauce.

Chicken

Per Serving (excluding unknown items): 1093 Calories; 60g Fat (51.0% calories from fat); 74g Protein; 56g Carbohydrate; 1g Dietary Fiber; 340mg Cholesterol; 1028mg Sodium. Exchanges: 3 1/2 Grain(Starch); 9 1/2 Lean Meat; 6 Fat.