Quick Chow Mein

The Tampa Tribune

Makes 6 servings

Ingredients

- 2 Tbsp margarine
- 1 (12 oz) can Spam, cubed
- 1 cup chopped onion
- 1 cup diced celery
- 1/2 tsp salt
- Dash of pepper
- 1 can bean sprouts (2 1/2 cups), drained
- 1/3 cup cold water
- 2 Tbsp cornstarch
- 2 tsp soy sauce
- 1 tsp sugar
- 3/4 cup water

Instructions

1. Melt margarine in a hot skillet; add cubed Spam and onion. Cook until onion is golden, stirring occasionally.
2. Add celery, seasonings, and the 3/4 cup water. Cook covered for 5 minutes.
3. Add drained bean sprouts; heat to a boil.
4. Blend the 1/3 cup cold water with cornstarch, soy sauce, and sugar. Stir into meat mixture; simmer 5 minutes.
5. Serve over crisp chow mein noodles or rice.

QUICK CHOW MEIN **THE TAMPA TRIBUNE**

2 T. margarine
1 12-oz. can Spam cubed
1 c. chopped onion
1 c. diced celery
½ tsp. salt
Dash of pepper
1 can bean sprouts (2½ cups) drained
1/3 cup cold water
2 T. cornstarch
2 tsp. soy sauce
1 tsp. sugar
3/4 c. water

Melt margarine in hot skillet; add luncheon meat and onion. Cook until onion is golden, stirring occasionally. Add celery, seasonings and water. Cook covered 5 minutes. Add drained bean sprouts; heat to a boil. Blend

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water, cornstarch, soy sauce and sugar. Stir into meat mixture; simmer 5 minutes. Serve over crisp chow mein noodles or rice.

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