

## **VEGETABLE CHOP SUEY (Vegan)**

2 cups Vibrant Life 7-grain Cutlets,  
cut into thin strips

1 cup chopped celery

1 cup pea pods

1 cup bean sprouts

1 cup chopped cabbage

2 T. olive oil

1 T. cornstarch

1/2 cup vegetable stock

Soy sauce to taste

Sauté vegetables (except bean sprouts)  
and cutlet strips in oil.

Combine vegetables, vegetable stock, soy sauce,  
and simmer until tender, but not soft.

Add sprouts and com starch,  
cooking 5 minutes longer.

Serve with brown rice.

**Serves 6**