



REG'S
KITCHEN
MAR. 5.
2025

Poor Man's Chow Mein

SERVINGS: Many

PREPPING TIME: 30

COOKING TIME: 30 MIN

Ingredients

Use judgement for
ingredient amounts:

Chopped celery
Ground beef or chicken
Chopped onion
Chopped cabbage
Salt & pepper to taste
Mushrooms
Spaghetti or other pasta

Instructions

- **Vegetables:** Saute all the vegetables.
- **Pasta:** Boil in a large pot of water
- **Beef or chicken:** Brown the beef or chicken.
- **Toss:** Toss all the ingredients together and add salt, pepper and soya to taste.