

Sweet & Spicy Lo Mein

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Lo Mein noodles (or spaghetti noodles)	1	pound
Vegetable stock, divided	5	cups
Soy curls*, like Butler brand	4 cups (1 8-ounce package)	
Onion, julienne cut or chopped	1	cup
Carrots, julienne cut or chopped	1	cup
Broccoli florets	2	cups
Celery, julienne cut or chopped	1	cup
Soy sauce, reduced sodium	¼	cup
Maple syrup	¼	cup
Chili paste	1	Tbsp.
Red bell pepper, Julienne cut or chopped	1	cup

Preparation

1. Prepare Lo Mein noodles (or spaghetti) as directed by package. Set aside and keep warm.
2. Hydrate soy curls by placing them in a large bowl and pouring 4 cups of hot vegetable broth over them. Stir well to ensure that all soy curls are covered. Let hydrate about 10 minutes. Once soy curls are well hydrated, drain and set aside.
3. Over medium heat, dry sauté the onions, using ¼ - ½ cup of the vegetable broth as needed to deglaze the pan (cook off any food that sticks). Cook onion until translucent.
4. Add carrots, broccoli, and celery and let cook for 5 minutes until beginning to become tender. Add remaining ½ cup vegetable stock, soy sauce, maple syrup, and chili paste. Stir to combine and turn heat down. Add red bell pepper and cook until vegetables are tender but crisp, stirring occasionally. Taste for seasoning and adjust as needed.
5. Toss with Lo Mein noodles (or spaghetti) and serve.

Variation

*Packaged vegan chicken can be used in place of soy curls

Nutrition Information

 *From USDA Nutrient Database

Calories: 248 Total Fat: 2.5g Saturated Fat: 0.1g Monounsaturated Fat: 0g Polyunsaturated Fat: 0.1g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 47.6g Fiber: 3.5g Total Sugar: 9.9g Protein: 8.9g
Sodium: 629.7mg Vitamin A: 138µg Vitamin C: 37.5mg Calcium: 37mg Iron: 1.2mg Folate: 27µg



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