



**American 1933 Chop Suey – Updated**  
*Blenditarian Soy Spiked Steak over Brown Rice*

8 to 10 ounces lean sirloin steak, cut into chunks  
1 to 2 Tablespoons olive oil  
2 cups chopped fresh celery with leaves  
1 very large onion, peeled, chopped  
4 ounces baby Bella mushrooms, cleaned, chopped  
1-1/2 cups vegetable stock  
3 Tablespoons soy sauce  
2 Tablespoons molasses  
1/4 teaspoon ground black pepper  
1/4 teaspoon red pepper flakes  
2 Tablespoons cornstarch  
1/2 cup cold water

**Brown Rice:**

1 cup uncooked brown rice  
2 cups water  
1/2 teaspoon soy sauce  
2 teaspoons sesame oil  
1/3 cup chopped red peppadew peppers

1/3 cup chopped green onion

1/4 cup chopped cilantro or parsley

1/2 Tablespoon sesame seeds, divided

Garnish: pickled hot peppers as desired; mint or basil leaf sprigs

Cut steak into 1/2 to 3/4-inch chunks. Place oil in hot large saucepan; add steak cooking over medium high heat until browned. Remove meat; set aside.

Add celery, onions, and mushrooms to pan drippings; sauté until tender, about 6 minutes. Return meat to pan. Stir in vegetable stock; soy sauce, molasses, black pepper, and red pepper flakes.

In a small bowl; stir cornstarch into cold water; add to meat mixture; bring to a boil.

Reduce heat to simmer; cover; cook for 30 minutes or meat is tender, stir occasionally. Remove from heat; keep warm until serving.

**Prepare Brown Rice:** In a saucepan, combine 2 cups water, 1 cup brown rice, and ½ teaspoon soy sauce; bring to a boil; reduce heat to simmer; cover; cook about 30 minutes or tender; remove from heat; set aside for 10 minutes to absorb water. Stir in 2 teaspoons sesame oil, chopped red peppers, green onions, and parsley. Yield: 3 to 4 cups rice

**Suggested Serving:** Place cooked rice in a ring around large serving platter; spoon chop suey steak in center. Serve any extra gravy in side bowl. Sprinkle sesame seeds over rice and chop suey meat. Garnish with hot peppers and herbs as desired. Serves: 4

**Cook's Note:** The original recipe used 1 pound or more chuck steak and cooked it for an hour. We selected a smaller quantity of meat and used 4 ounces of meaty Baby Bella mushrooms. The original recipe added beef bouillon cubes with water, which provided a generous amount of salt to the recipe, while we selected vegetable stock. People during 1930's and 40's didn't season their food with lots of peppers, resulting in a mild beefy flavor. We included some spicy notes with black pepper, red pepper flakes, peppadews, and hot garnish peppers. Their choice rice was white; we selected brown rice and added peppers, green onions, parsley or cilantro, and sesame seeds.

**About the Recipe:** The recipe still has a mild taste so add more peppers if you enjoy a spicy kick. While they didn't use lots of Asian vegetables, you could add your favorites since the recipe has a generous amount of gravy. We enjoyed seeing how much food has changed since 1933 when the A&P grocery store first promoted this recipe in the Chicago area.