

Vegan Chop Suey

Vegan Chop Suey is the perfect meal when you feel like eating something flavourful, easy to make, and packed full of veggies. This American-Chinese stir fry is made with a delicious sauce that will leave you craving for more.



4.60 from 20 votes

Prep Time

15 mins

Cook Time

10 mins

Total Time

25 mins

Course: Main Course Cuisine: Asian Style

Keyword: Vegan Chop Suey Servings: 2 people Calories: 300kcal

Ingredients

Chop Suey Sauce

- 2 tablespoon soy sauce
- 1 tablespoon dark soy sauce
- 1 teaspoon rice vinegar
- 1/8 teaspoon white pepper
- 1 tablespoon vegan oyster sauce
- 1 tablespoon maple syrup

Chop Suey

- 250 g tofu
- 1/2 white onion
- 2 garlic cloves
- 1 thumb-size ginger piece
- 2 carrots
- 1/2 red pepper
- 1/2 small broccoli
- 4 button mushrooms
- 1/2 cup water
- 1 tablespoon sesame oil
- 1 teaspoon cornstarch diluted in water

Instructions

1. To prepare the Chop Suey sauce combine the soy sauce, dark soy sauce, rice vinegar, white pepper, vegan oyster sauce, and maple syrup. Whisk until the sauce is homogenous.
2. Chop all the veggies, deep fry, or stir fry the tofu, and finely slice the garlic and ginger.
3. Using a wok or pan heat some coconut oil or other vegetable oil and sauté the onion for 2-3 minutes.
4. Add garlic and ginger and sauté for 2 more minutes.

5. Add the chopped vegetables and fried tofu, stir and cook for 3-4 minutes. Add ½ cup water and keep cooking for 2 more minutes or until the water has evaporated.
6. Pour the sauce into the pan. Stir until all the ingredients are coated.
7. Add the diluted cornflour and keep cooking for 2 more minutes or until the sauce has thickened.
8. Add some sesame oil and serve your veg Chop Suey.

Notes

- If you like your chop suey spicy, add some sliced red chili with the garlic and ginger.
- Serve with steamed rice or your favorite noodles.

Nutrition

Calories: 300kcal | Carbohydrates: 32g | Protein: 16g | Fat: 13g | Saturated Fat: 2g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 4g | Sodium: 1224mg | Potassium: 509mg | Fiber: 5g | Sugar: 19g | Vitamin A: 11140IU | Vitamin C: 48mg | Calcium: 210mg | Iron: 3mg