

Lo Mein

IOWA

Student Wellness

Ingredients

- 2 pounds boneless pork shoulder
- 3 cups broccoli florets
- 2 carrots, diced
- 2 stalks celery, diced
- 1 cup snow peas
- 1 (5-ounce) can sliced water chestnuts, drained
- 1 pound spaghetti noodles (100% whole wheat or pasta plus are recommended)
- 1/3 cup reduced sodium soy sauce
- 3 cloves, garlic, minced
- 2 Tablespoons brown sugar, packed
- 1 Tablespoon sambal oelek (ground fresh chile paste)
- 1 Tablespoon oyster sauce
- 1 Tablespoon freshly grated ginger
- 1 teaspoon sesame oil



Directions

1. Whisk together soy sauce, garlic, brown sugar, sambal oelek, oyster sauce, ginger and sesame oil in the slow cooker. Add pork shoulder, then cover and cook on LOW for 7-8 hours or HIGH for 3-4 hours.
2. Remove pork shoulder from the slow cooker and shred the meat before returning to the pot with the juices.
3. Stir in broccoli, carrots, celery, snow peas and chestnuts. Cover and cook on HIGH for 15-30 minutes, or until vegetables are tender.
4. Cook pasta according to package instructions; drain well.
5. Serve pasta immediately, topped with pork mixture.