**Pork Chop Suey**

Ingredients  
1-1/2 pounds pork chop suey meat  
2 tablespoons vegetable oil  
1 cup sliced onion  
2-1/2 cups water  
1-1/2 cups sliced celery  
1 can (4 ounces) mushroom stems and pieces, drained  
2 chicken bouillon cubes  
1 teaspoon ground ginger  
1/4 cup cornstarch  
1/4 cup soy sauce  
Hot cooked rice or mashed potatoes

http://allrecipes.com/recipe/22331/pork-chop-suey/

Directions  
In a skillet over medium heat, brown pork in oil. Add onion and saute for 10 minutes. Add water, celery, mushrooms, bouillon and ginger; cover and cook for 30-40 minutes or until pork is tender.  
Combine cornstarch and soy sauce until smooth; stir into skillet and simmer for 10 minutes. Serve over rice or mashed potatoes. Yield: 6 servings.

Nutritional Facts  
1 serving (1 cup) equals 248 calories, 11 g fat (3 g saturated fat), 67 mg cholesterol, 1,130 mg sodium, 9 g carbohydrate, 1 g fiber, 26 g protein.