Lo Mein

Recipe By Renee Muller

Cooking and Prep: 30 m
Serves: 16
Contains: 🌱

Preference: Parve
Difficulty: Easy
Occasion: Shabbat, Sukkot, Nine Days
Diet: Vegetarian
Source: ArtScroll

Do you have a recipe that is so delicious, yet so embarrassingly easy? And by that, I mean, so easy that you kinda pray no one will ever, ever ask you for the recipe? Because it really isn’t a recipe? So to speak? Well, for me, that’s how I feel about this lo mein. I received this recipe years ago from my sister-in-law Zeldy. She brought it over for the upsherin of one of my sons and I remember standing in my kitchen, after all the guests had left, fishing for the last few leftover noodles, wishing there were more.

Ingredients (12)

Main ingredients

- 2 pounds (2 boxes) whole wheat spaghetti
- 3 tablespoons oil (preferably toasted sesame oil)
- 2 red onions, sliced
- 2 red peppers, sliced lengthwise
2 yellow peppers, sliced lengthwise
2 green peppers, sliced lengthwise
1 (15-ounce) can sliced mushrooms
1 (15-ounce) can baby corn
1 (10-ounce) bottle Haddar Low Sodium Soy Sauce
1 (10-ounce) bottle Haddar Teriyaki Sauce
1 teaspoon freshly grated ginger or 1 cube Dorot Gardens Frozen Ginger (optional)
black and white sesame seeds, for sprinkling

Start Cooking

Prepare the Lo Mein

1. Prepare pasta according to package directions. Drain and place into a large mixing bowl.
2. Heat oil in a medium pot. Add onions; sauté for five minutes. Add peppers; sauté until slightly softened (you don’t want the peppers to be too soft or they will be limp).
3. Add sautéed peppers, mushrooms, baby corn, sauces, and ginger, if using, to the mixing bowl. Stir well; divide between two (9x13-inch) pans. Sprinkle with sesame seeds.

Note: The best part of this recipe is the fact that it yields two 9x13-inch pans. One for now, one to freeze for a future occasion. Yes, you read me right. This recipe freezes well. Just warm it in the oven at 350 degrees Fahrenheit and stir well before serving. Alternatively, heat on a sterno.

Acknowledgements

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