

VEGETABLE STIR-FRY



This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

INGREDIENTS

- 1 cup fresh/frozen broccoli
- 1/2 cup of diced carrots
- 2 eggs
- 3 tablespoons of finely diced green onions
- 2 cups cooked brown rice
- 1/2 cup vegetable or chicken broth
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 2 tsp black pepper
- 2 tsp garlic powder

NUMBER OF SERVINGS

2

TIME TO PREPARE

10-15 mins

TIME TO COOK

20-30 mins

TOOLS NEEDED

- Frying pan
- Pot(s)
- Bowl
- Cutting board
- Cutting knives
- Fork
- Measuring cups and spoons

DIRECTIONS

1. Allow the rice to cook on the stove.
2. Allow the broccoli to steam, or place it in water and cook in the microwave for five minutes.
3. Chop up the carrots and kale, and drain the canned chickpeas.
4. If you prefer your carrots soft, steam them as well.
5. Once the rice, broccoli, and carrots are done, add all the ingredients to the pan, season, and sautee. Crack both eggs and add them to the pan, chopping them up into the stir fry as they cook.
6. Allow the rice and vegetables to get crisp, and then serve.

Source: <https://cravinghomecooked.com/easy-fried-rice/>

