## VEGGIE FRIED BROWN RICE

10 minutes



## INGREDIENTS

- 1 teaspoon oil (canola/olive/vegetable)
- 2 eggs, lightly whisked
- 1 can green beans

- 1 can corn (or peas)
- 2 cups cooked brown rice
- 1/4 cup low-sodium soy sauce

## DIRECTIONS

- 1. Heat oil in a large wok (or pan) over medium high heat. If using canned meat, fry it up until crispy on the outside but still soft in the middle.
- 2. Add canned vegetables and cook for 2 minutes, stirring frequently. Add brown rice and soy sauce to vegetables and cook for up to 5 minutes or until all is heated through.
- 3. Make a well in the center of the vegetables and rice, and add whisked eggs to wok. Let cook and set for a minute. Break up eggs with your spatula or spoon into small pieces. Stir into fried rice.
- 4. Season well as desired.

Recipe source: adapted from:www.aggieskitchen.com



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