



VEGGIE FRIED BROWN RICE



10 minutes



5 servings

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