



Because no student **FEED-A-BULL** Should go hungry

Vegetable Fried Rice

Prep Time: 5 Min.

Total Time: 25 Min.

Ingredients:

- 3 cups cooked rice
- 1 package of frozen mixed veggies or 2 cups chopped fresh vegetables
- 1 small onion, finely chopped
- 2 eggs scrambled
- 2 teaspoons olive oil
- 3 teaspoons low sodium soy sauce

Instructions:

1. Cook the rice as directed (1 cup uncooked rice will prepare 3 cups cooked rice)
2. In a large pan, heat oil on medium-high heat. Add onion and rice. Stir and cook until onion is soft, about 5 minutes.
3. Reduce heat to medium and add vegetables to rice mixture. Cook 2 minutes for frozen vegetables and 5-7 minutes for fresh vegetables.
4. Spread the mixture out to the sides of the pan, leaving space in the middle for the eggs.
5. Add the eggs, and scramble until cooked firm.
6. Mix the eggs with the rice and vegetables, then sprinkle with soy sauce.

