

BEYOND HUNGER

VEGGIE FRIED BROWN RICE

This is a good recipe to use leftover rice in your fridge and make use of extra vegetables in your crisper drawer. Feel free to vary the vegetables; try adding chopped green beans, broccoli, peppers, or celery. You might also add cooked chicken, ground pork, or diced ham for extra protein and peanuts or cashews to add crunch. Enjoy!

Yield: 6, 1-cup servings

Ingredients

- 3 tbsp vegetable oil, divided
- 2 large eggs, lightly beaten
- 2 carrots, peeled and diced small
- 1 medium onion, diced
- 1 cup frozen peas
- 1 cup shredded cabbage or greens
- 3 green onions, chopped
- 4 cups cold cooked brown rice*
- 3 tbsp low-sodium soy sauce
- ½ tsp salt
- Freshly ground pepper, to taste
- Hot sauce, to taste

**Cold rice is best for fried rice. You can use fresh rice, but the result will be stickier.*

Instructions

1. Heat 1 tbsp of oil in a large skillet over medium-high heat. Once the pan is hot, add the eggs. Cook, stirring until they are lightly scrambled but not dry. Transfer the eggs to a plate and set aside. Wipe out the pan and return to the heat.
2. Add the remaining 2 tbsp of oil to the pan. Add the carrots and onion to the pan. Cook, stirring occasionally, until the veggies are slightly tender, about 5 minutes. Stir in the peas, cabbage or greens, and green onions. Cook briefly, about 1 minute. Add the rice to the pan, and stir, breaking up the clumps. Add the soy sauce, salt, and pepper and stir to combine. Continue to cook, stirring occasionally, until warmed through. Stir in the eggs and serve immediately.

This recipe is featured in the October 2021 issue of Beyond the Kitchen

