

Basic Fried Rice

Serves: 4

Ingredients:

- 2 cups chopped vegetables
- 2 tsp garlic powder
- 1 1/2 tsp onion powder
- 2 cups cold, cooked brown rice
- 1 egg, beaten
- 2 tbsp. beef bullion
- 2 tbsp. apple cider vinegar
- 1 tsp. dark molasses
- 1/8 tsp. ground ginger
- 1 cup water
- 2 tbsp. corn starch
- Dash of black pepper

Instructions:

- Spray skillet with non-stick cooking spray.
- Stir-fry vegetables in pan.
- Add 1 tbsp. stir-fry sauce, garlic, powder and onion. Stir.
- Stir in cooked rice. Push to sides of pan, making a hole in the center.
- Drop beaten egg into the center of pan and scramble.
- Stir into rice and vegetable mixture.