

Fried Rice

from Dana Webster

Ingredients

2-3 eggs

Oil for pan – not olive oil; use Sesame, canola, or vegetable oil

2+ garlic cloves, minced

Vegetables (broccoli, carrots, potatoes, etc.)

1-2 Tablespoons soy sauce

Meat (Chicken, Bacon, ham, etc.)

Directions

1. Heat oil in pan over medium heat.
2. Scramble eggs in oil. Put into a bowl and set aside.
3. Put some more oil in the pan and add garlic. Cook a minute or so until fragrant.
4. Add rice, veggies, meat, & soy sauce. The soy sauce should turn the rice a nice light brown color. Turn the heat to medium-high and cook until everything is hot, stir frequently.
5. Add the eggs back in and mix.
6. Enjoy!