Easy Fried Rice

Ingredients

- Onion
- Rice
- Butter or Oil
- Eggs
- Mixed Vegetables

Instructions

**Prep:**

*Prep Time: 5 minutes*

**Ingredients:**

- 3 cups cooked rice
- 1 cup mixed vegetables
- 2 tablespoons butter or oil
- 2-3 eggs
- ½ onion

**Optional:**

- Add in any kind of vegetable to make a stir fry. I like to use frozen mixed vegetables (peas, carrots, and corn) for fried rice, but other vegetables like zucchini, bell peppers, cabbage and green beans go great in fried rice as well
- Add in any kind of cooked meat such as chicken, beef, pork, or fish for extra protein
- Add soy sauce, minced garlic or garlic powder, chopped onion, chopped green onion, and sesame oil for added flavor

**Cook:**

*Cook Time: 10-15 minutes*

1. Fry or scramble the eggs in a pan over medium heat. Break into small pieces as you go. Transfer the eggs to a separate plate when done cooking. Set aside.
2. Heat the oil or butter in a large pan, add in the onion and veggies and cook for 5-7 minutes or until done.
3. Add in the rice and eggs and stir to combine.
4. Add any seasonings here and stir the mixture.
5. Enjoy!

**Cooking Tips:**

- Use day old rice instead of fresh rice to help prevent the rice from sticking together and getting mushy
- Scramble the eggs and cook the veggies on the same pan to save time. Cook the veggies on one half of the pan and the eggs on the other. When they are both done, stir to combine.
- You can store fried rice in the freezer in airtight containers or Ziplock bags. Fried rice will usually keep in the refrigerator for 5-7 days. Microwave when ready to reheat.