

Vegetable Fried Rice II

Ingredients:

1 bag         Stir Fry Mix

1 T             Ginger, minced

2 T             Sesame Oil

2 T             Soy Sauce (unfermented)

1 T             Garlic, minced

1 C             Peas

1 C             Corn

1 t              White Pepper

1 t              Pink Himalayan Salt or Sea Salt

3 C             Brown Rice, cooked

3                Eggs, from a farm

4 T             Olive Oil

1 C             Broccoli (opt)

1/2 can     Water Chestnuts (opt)

1/2 can      Bamboo Shoots (opt)

1/2 can      Bean Sprouts (opt)

Directions:

1. Cook brown rice, set aside.
2. Lightly scrambled the eggs in 1 T olive oil, set aside.
3. Cook ginger in remaining olive oil on low.  Add garlic.
4. Cook stir fry mix, peas, corn, soy sauce,  Turn heat to medium (cook for 5 mins if not frozen, if frozen cook for 10 mins).
5. Add water chestnuts, bamboo shoots,  bean sprouts, white pepper.
6. Add eggs, brown rice.
7. Add sesame oil.
8. Mix everything evenly.  Serve hot.

Note:  do not buy the cheap bean sprouts , they will lilt in heat too quickly