

Frozen Veggie Fried Rice



Serves: 4



Total Time:
15 minutes



Estimated Cost:
\$3.50

Ingredients

- 3 cups cooked rice (day-old works best),
- 2 cups frozen mixed vegetables (peas, carrots, corn, green beans),
- 3 eggs,
- 3 tbsp soy sauce or tamari,
- 1 tsp sesame oil,
- 2 garlic cloves, minced,
- 1 tbsp neutral oil for cooking



Instructions



- 1 Heat oil in a large skillet or wok over high heat. Add garlic and stir for 30 seconds.
- 2 Add the frozen vegetables straight from the bag. Cook 3 to 4 minutes until heated through.
- 3 Push everything to one side. Crack the eggs into the empty side and scramble them quickly.
- 4 Add the rice. Mix everything together.
- 5 Drizzle with soy sauce and sesame oil. Toss and cook another 2 minutes.



Quick, easy, and
delicious!

