

# Brown Rice and Stir Fry Vegetables

**Recipe Type:** Main Dish

**Serves:** 6

**Prep Time:** 15 minutes

**Cooking Time:** 45 minutes

**C** means cup    **T** means tablespoon    **t** means teaspoon    **oz** means ounce

## What you need:

- 1 1/2 C uncooked brown rice
- 3 C water
- 2 T vegetable oil, divided
- 1/3 C chopped onion
- 3 garlic cloves, chopped
- 1 C chopped celery
- 1 C chopped carrots
- 1/2 C snow peas
- 1/2 C snap peas
- 5 eggs
- 1/4 C low sodium soy sauce, divided
- 1/2 t black pepper

## What to do:

1. Wash your hands.
2. Place rice and water in a medium pot, bring to a boil.
3. Lower the heat and cover the pan, simmer for 20 minutes or until rice is tender.
4. Place rice in a bowl and refrigerate while cooking the veggies.
5. Heat 1 T oil in a large skillet over medium heat.
6. Put in the onion and garlic, stir and cook until tender.
7. Add the rest of the oil, celery, carrots, and peas.
8. Turn heat to high, cooking veggies until tender but still firm.
9. Add the rice and black pepper and mix with veggies.
10. In a small bowl, mix the eggs and 1 T soy sauce together.
11. In a new skillet, scramble the egg mixture.
12. Pour scrambled eggs into the rice and veggies, then mix.
13. Add in the rest of the soy sauce.
14. Cook and stir for 5 minutes.



This is a picture of 1 serving.

## Nutrition Facts

**Serving Size 1 C**

**Amount Per Serving**

**Calories 301**

**Calories from Fat 90**

**%Daily Value\***

**Total Fat 10 g** **15%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

**Cholesterol 155 mg** **52%**

**Sodium 450 mg** **19%**

**Total Carbohydrate 44 g** **15%**

Dietary Fiber 4 g **16%**

Sugars 3 g

**Protein 11 g**

Vitamin C 15%

Calcium 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

FK=5.0

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