Number of Servings: 4.5
*1 recipe will make 16-20 “taste” servings

Ingredients:
- ½ medium round onion
- 1 egg
- ½ cup cooked meat
- 1 ½ teaspoons oil
- 2 cups cooked rice
- 1 cup frozen peas OR mixed vegetables
- 1 teaspoon soy sauce

Directions:
1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a large skillet or pan HEAT oil. COOK onion and egg.
5. ADD meat and COOK until hot.
6. ADD rice.
7. TOSS and STIR gently until rice is heated through.
8. ADD peas OR mixed vegetables and soy sauce, MIX well.
9. HEAT until vegetables are cooked.

Variations:
Use cooked brown rice for a hearty flavor and an even brown color.
Use any leftover cooked meats.
Use any available or leftover vegetables (fresh, canned, or frozen vegetables; bite-size pieces).
Use oyster sauce.
Equipment

- Electric Skilled
- Extension Cord
- Colander
- Cutting board
- Fork or whisk
- Knife
- Measuring cups
- Measuring spoons
- Mixing bowls
- Mixing spoon
- Tongs
- Bowls and spoons

*Always practice safe food handling techniques. Refer to Food Safety section.*