

Beef & Broccoli Fried Rice



Ingredients

1 tsp.	Oil
1 c	Rice
1 c.	Beef and Broccoli Stir Fry
1 tsp.	Soy sauce, low sodium
½ tsp.	Garlic powder
1	Egg, beaten.
Pinch	Cayenne pepper, optional
To taste	Pepper

Directions

In a medium skillet, heat 1 tsp. oil over medium heat. Add rice. Cook & stir for 2-3 minutes.
 Add beef and broccoli stir fry, soy sauce, & seasonings; continue cooking & stirring for 2-3 minutes.
 Make a well in the center of the pan (push the ingredients to the outer edges of the pan), and add beaten egg to the center. Let cook for 1-2 minutes, then stir & cook like scrambled eggs. Stir into rice mixture. Serve.

Prep Time: 2-3 mins.

Cook Time: 8-10 mins.

Makes: 2 cups

Nutrition Facts

2 servings per container	
Serving size	1 c.
Amount Per Serving	
Calories	290
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 50mg	17%
Sodium 280mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 22g	44%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Add beaten egg to center of pan; let cook for 1-2 mins.



Scramble like scrambled eggs. Stir into mixture.



*Great source of
Vitamin C and Iron!*

*Created by Rayshal Spalding; University of Idaho,
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