

Leftover Fried Rice Bowl

This is a great 'cook once, eat twice' recipe. Cook extra brown rice, veggies and protein one night, and use the leftovers to make fried rice the next day. Other cooked grains, brown rice, work for this recipe, too.

To make it vegetarian, use cubed firm tofu in place of meat.

Approximate preparation time: 20 minutes.

Ingredients

- ¼ cup chicken broth
- 2 TBSP light soy sauce or to taste
- ½ tsp. ground ginger
- ½ tsp. ground white or black pepper
- 1 TBSP vegetable oil
- 2 eggs, beaten
- 2 cups chopped cooked vegetables (any are good, but especially broccoli, onions, mushrooms, carrots, cabbage, bell peppers)
- 2 cups cooked brown rice
- 8 ounces cooked chicken, shrimp or lean beef

For sauce, combine broth, soy sauce, ginger and pepper in a small bowl and set aside. In a large frying pan, heat oil until shimmering. Pour in beaten eggs. When eggs are set on the bottom, add vegetables, rice and chicken. Stir-fry, breaking up rice as necessary, for a few minutes until egg is cooked through and mixture is hot. Add sauce mixture and stir until well combined. Makes 4 servings.

Nutrition information per serving (with chicken):

315
Calories

24g
Protein

28g
Carbs

11g
Fat

4g
Fiber

Used this recipe?
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