

# Canned Chicken Fried Rice

## INGREDIENTS

- 4 cups cooked brown rice
- 1, 15oz can of peas
- 1, 15oz can of cut green beans
- 1, 15oz can of corn
- 1, 12.5oz can chunk chicken breast in water
- 2 tbsp vegetable oil
- 4 garlic cloves or 1 tsp garlic powder
- 1 tsp salt
- 1/4 cup soy sauce
- 2 tsp sesame oil
- 2 eggs (optional)

SERVINGS: 6

TIME: 20 MINS



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## PROCEDURE

1. Heat oil over medium-low heat and add minced garlic to the wok (if using fresh garlic) and sauté for 3 minutes.
2. Drain canned vegetables and canned chicken and add to the wok.
3. Increase the heat to medium and sauté the chicken and veggies, tossing frequently for 5 minutes.
4. Add salt to the veggies and chicken. If using garlic powder instead of fresh add that now too.
5. Push chicken and veggies to one side of the wok, scramble eggs and pour into the empty side of the wok.
6. Once cooked, mix the scrambled eggs in the with the chicken and veggies.
7. Increase the heat to medium-high and add the cooked rice to the pan and saute for 3 minutes.
8. Combine the soy sauce and sesame oil in a small bowl.
9. Pour sauce over fried rice and mix in.
10. Continue sauteing for another 2 minutes.
11. Remove from heat and enjoy!

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