

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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