**Names: Kitchen Group:\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Vegetable Fried Rice**

3 cups cooked white rice (1 ½ c. uncooked—follow package directions)

3 Tbsp. vegetable oil

1 cup frozen peas and carrots (thawed)

1 small onion, chopped

2 teaspoons minced garlic

2 eggs, slightly beaten

3-4 Tablespoons soy sauce

1-15 oz. can of beans (garbanzo, black or navy)

On medium high heat, heat the oil in a large wok.  Add the peas/carrots mix, onion and garlic. Stir fry until tender. Lower the heat to medium low and push the mixture off to one side, then pour your eggs on the other side of skillet and stir fry until scrambled. Now add the rice and soy sauce and blend all together well. Gently stir in the beans and serve when thoroughly heated.

**Prep Jobs**

Measure & Cook Rice according to package directions

Measure peas & carrots and soy sauce

Chop onion

Mince garlic

Stir-Fry Veggies

Crack & Beat & Stir-Fry Eggs

Add rice & soy sauce

Gently stir in beans

**Clean Up Jobs**

Wash Dishes

Dry Dishes & Sink

Put Dishes Away

Wipe off Counters & Stove

Empty Garbage & Sink Drains

Sweep Floor & Towels to Basket

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