



PORK FRIED RICE



INGREDIENTS

- ½ C canned pork (about 3-4 oz)
- 2 large eggs
- 1T vegetable oil
- ¼ C chopped onion
- 1 clove garlic, chopped
- 4 C rice, cooked
- 3T soy sauce

DIRECTIONS

In a large skillet, begin cooking the eggs in the oil until they are firm. You'll want to push them over to one side to create some space.

Then, add the onion and garlic to the other side and cook until the onion is tender. That should take about 5 minutes. Next, stir in the cooked rice, soy sauce and your canned pork. Continue stirring until the ingredients are mixed and steaming hot.

Let cool for a few minutes and then serve.

*Optional add-ins: add frozen peas and carrots or frozen broccoli to make a quick full meal.