

# Easy Chinese Stir Fry

Yield: 5 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/best-chinese-stir-fry-rice-recipe>

## Ingredients:

- 16 ounces pork lean, or chicken, cooked and chopped
- 2 cups bean sprouts
- 4 cups bok choy
- 1/2 cup finely chopped carrot
- 1/2 cup frozen peas most recipes specify to thaw the peas first, but I didn't
- 4 eggs
- 4 green onions chopped
- 1 can water chestnuts drained
- 2 cups sliced mushrooms fresh
- 1 cup sugar snap peas cut into 1-inch pieces
- yellow pepper or Green, red, chopped
- 2 cloves garlic minced or shredded
- 4 cups cooked rice cold
- 4 tablespoons vegetable oil
- 2 tablespoons lite soy sauce more as desired
- salt
- pepper

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 230 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 4 grams
8. Sodium: 680 milligrams
9. Sugar: 4 grams

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