

Chinese Vegetable Fried Rice

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-chinese-vegetable-fried-rice-recipe>

Ingredients:

- 5 cups vegetables chopped, your choice, 2 eggs, cold cooked rice, plus soy and sesame oil – and other optional add-ins – not shown.
- 2 tablespoons oil divided canola, peanut, vegetable
- 2 eggs
- 2 green onions chopped
- 4 cups vegetables chopped, Note 1
- 2 teaspoons minced garlic 2 cloves
- 3 cups cooked white rice cold, long grain, Basmati, Jasmine
- 2 cups fresh baby spinach roughly chopped, optional
- 2 tablespoons soy sauce or more to taste light is fine
- 2 teaspoons toasted sesame oil or more to taste
- 1 cup tofu 8 oz, 248 g crumbled or cubed
- 2 cups chicken chopped, cooked meat e.g., pork, beef, ham, sausage
- green onions additional chopped

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 180 milligrams
4. Fat: 22 grams
5. Fiber: 15 grams
6. Protein: 43 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 760 milligrams
9. Sugar: 1 grams

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