

Slow Cooker Chinese Fried Rice

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 pound cooked chicken ham or pork, cut into 1/4 inch or so pieces, vegetarian/vegan: omit or use a firm soy substitute like tempeh
- 2 cups jasmine rice uncooked, must use medium to long-grained rice or the consistency will be mushy
- 12 ounces frozen peas carrots and corn medley, or veggies of choice
- 2 cloves garlic minced
- 4 cups chicken broth vegetarian/vegan: use vegetable broth
- 1/4 cup soy sauce
- 1 teaspoon salt
- 3 tablespoons toasted sesame oil
- 2 large eggs lightly beaten with fork, vegan: omit or use tofu
- 4 green onions sliced

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 91 grams
3. Cholesterol: 205 milligrams
4. Fat: 32 grams
5. Fiber: 6 grams
6. Protein: 51 grams
7. SaturatedFat: 7 grams
8. Sodium: 1790 milligrams
9. Sugar: 5 grams

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