**Fried Rice**

**Tools Needed:**

Large skillet

Spatula or large spoon

Bowl

Knife

Measuring spoons

**Ingredients:**

3 cups uncooked rice; cook according to package

2 cups mixed vegetables- fresh, frozen, or canned

1 cup cooked ground meat or cooked ham

3 eggs (fresh or egg substitute), scrambled

1 garlic clove, diced

2 Tbsp. soy sauce

3 Tbsp. oil or butter

Salt and pepper to taste

**Instructions:**

1. Mix soy sauce with cooked rice in separate bowl.
2. In a skillet on medium heat, add oil or butter and garlic.
3. Cook garlic until it starts to lightly brown, then add rice.
4. Add vegetables, meat, and eggs
5. Add salt and pepper to taste.
6. Cook for 10 minutes.

Servings – 4 people Cost: $9.85