



Beef fried Rice

1 LB ground beef
2 cups cold cooked white rice
1 cup thawed frozen vegetables (carrot, corn, green beans)
3 eggs (whisked)
1/2 cup finely minced yellow onion
2 cloves garlic minced
2 T chopped green onion
2 T canola oil + 2 t canola oil to scramble eggs + 1 t canola oil for veggies
2 t soy sauce
1 T tomato paste
1 T sriracha
1 t sesame oil
1/2 t chili oil *optional for added spice
1 t salt
1 t pepper
1/4 freshly chopped cilantro

1.) Add 1 t canola oil to wok and add eggs, cook eggs on medium high heat, until fluffy and lightly cooked; don't overcook eggs.

2.) Remove eggs from wok, wipe clean with a paper towel.

3.) Add 2 T canola oil to pan, add ground beef to pan season salt & pepper, and sauté and brown until fully cooked through; about 5 to 7 mins.

4.) Remove ground beef from wok, add sesame oil, *chili oil, and 1 t canola oil to wok.

5.) Sauté yellow & green onions and garlic until caramelized, add thawed frozen veggies, and pinch salt and pepper; continue to cook for about 3 to 4 mins until veggies are hot.

6.) Add beef back into wok along with tomato paste, and sriracha; sauté until tomato paste, and sriracha become fragrant about 3 to 5 mins.

7.) Add rice, and soy sauce, cook until rice is thoroughly heated up, add back in cooked eggs, cilantro and sauté until well incorporated with the ingredients. *If needed season to taste with salt and pepper.

Yields: About 4 to 5 servings