

# Ten Ingredient Fried Rice

Revised 8/8/07

## Ingredients

3 tablespoons GF fat-free, less-sodium chicken broth  
2 tablespoon GF low-sodium soy sauce  
2 Tablespoons Rice Wine  
1 teaspoon dark sesame oil  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
2 tablespoons vegetable oil  
2 large eggs, lightly beaten  
1 bunch chopped green onions  
1 tablespoon minced peeled fresh ginger  
3 to 4 cups cooked Rice - ( Cook 1 ½ to 2 cups of rice at least one day before)  
1 pound medium shrimp, cooked, peeled, and coarsely chopped  
1 finely chopped cooked Chicken Breast  
½ pound cooked Beef finely chopped  
1 (10-ounce) package frozen green peas, thawed  
2 shredded carrots

## Preparation

Combine first 6 ingredients in a bowl; set aside.  
Heat vegetable oil in a wok or large nonstick skillet over medium-high heat.  
Add eggs; stir-fry 30 seconds or until soft-scrambled.  
Add onions and ginger; stir-fry 1 minute.  
Add rice, shrimp, and peas; stir-fry 3 minutes or until thoroughly heated.  
Add broth mixture; toss gently to coat. Heat through and serve

Yield  
6 servings

<http://www.lincolntent.com/GFCF-Poultry.html>