

Veggie Egg Fried Rice

4 Servings, 30 minutes

Ingredients

- 4 servings of rice
- 2-3 Tbsp vegetable oil
- 4 eggs
- 2 zucchini
- 1 carrot
- 2 bell peppers
- 1 red chile (optional, if you like spice!)
- 3 green onions
- 3 cloves of garlic
- 1 teaspoon of ginger
- 3 Tbsp reduced sodium soy sauce
- 2 Tbsp white wine vinegar

Time saver tips:

You can make the rice a day ahead of time if you want!

Buy 4-5 cups of frozen veggies of your choice instead of chopping up the suggested veggies. Just make sure to cook the frozen veggies a little longer to make sure they're cooked completely.

Recipe from <https://www.mobkitchen.co.uk/recipes/veggie-egg-fried-rice>



- 1 Cook 4 servings of rice according to package directions.



- 2 Dice all the vegetable (zucchini, carrots, bell peppers, optional red chile, green onions).



- 3 Heat large frying pan over medium high heat with 1 Tbsp of vegetable oil. Add 4 eggs. Scramble until cooked. Set scrambled eggs aside in bowl for later.



- 4 In the large frying pan, add 1-2 Tbsp of vegetable oil. Add zucchini, carrots, bell peppers and stir fry for 3-4 minutes.

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Substitution tips

If you're not a fan of the veggies in this recipe, you could try peas, snow peas, broccoli, or cauliflower instead....the options are endless!

If you're a fan of spice, definitely use the red chile and maybe even top your fried rice with a little sriracha sauce. If you like something more mild, leave out the red chile.

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- 5 Add optional red chile, green onions, garlic and ginger. Stir fry for 1-2 minutes more.



- 6 Once your rice is cooked, add it to the frying pan full of veggies and mix. Stir fry for 1-2 minutes.



- 7 Add scrambled eggs back into frying pan full of rice and veggies. Stir fry for 1-2 minutes.



- 8 Add your soy sauce and vinegar. Mix everything together.

Explore more!

Did you like the veggie fried rice?

- Check out more recipes at <https://www.mobkitchen.co.uk/recipes>
 - Under the “dietary” drop down box, you can find more “veggie” recipes.
 - This website has short cooking videos set to groovy soundtracks as an added bonus!

The Journey

- *Trying a meatless meal*

- Health benefits

- According to Mayo Clinic, vegetarians generally eat fewer calories and less fat, weigh less, and have a lower risk of heart disease than nonvegetarians do. Plus, vegetarian diets tend to be cheaper and less harmful to the environment. That said, always talk to your doctor before making major long-term dietary changes like switching to a totally vegetarian diet!
- If you aren't ready to give up meat entirely, though, we've got good news! Even reducing meat intake by practicing "Meatless Monday" for example, can be beneficial for your health, the environment, and your wallet!
- Meanwhile, research shows that people who eat red meat or processed meats are at an increased risk of death from heart disease, stroke or diabetes.

- Spiritual connection

- How did choosing to cook a meatless meal connect you to yourself, community, world, and/or God?

- *The Journey*

- Track your miles at <http://shephills.org/thejourney>
- 1 meatless meal = 1 mile

- *Interact*

- Send in a picture of you cooking or enjoying this recipe!
- What did you like best about this recipe?