

HMONG BEEF FRIED RICE

Yield: 7 - 1 cup Servings



NUTRITIONAL INFORMATION PER SERVING

- * Calories: 302
- * Cholesterol: 185 mg
- * Sodium: 415 mg
- * Fiber: 1 g
- * Protein: 20 g
- * Carbohydrates: 25 g
- * Total Fat: 13 g
- * Trans Fats: 0

INGREDIENTS

- * 1 lb. ground beef
- * 2 tablespoons garlic powder
- * 1 teaspoon sugar
- * 1/2 teaspoon salt
- * 4 cups cooked rice
- * 2 eggs

Toppings or Garnish

- * cilantro sprigs
- * peas
- * scallions, chopped

DIRECTIONS

- * Thoroughly cook ground beef. Drain excess fat.
- * Add garlic powder, sugar and salt. Mix well.
- * Add beef mixture to cooked rice.
- * Heat beef and rice mixture to 165°F.
- * Beat eggs and cook until done (similar to scrambled eggs).
- * Finely chop or shred cooked eggs.
- * Add cooked eggs to meat and rice mixture. Mix well.
- * Serve with cilantro sprigs, green peas and scallions. These may be added to mixture or offered as toppings or a garnish.
- * Enjoy!



Recipe courtesy of
Saint Paul Public Schools Nutrition Services