HMONG BEEF FRIED RICE

Yield: 7 - 1 cup Servings

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!

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

Recipe courtesy of
Saint Paul Public Schools Nutrition Services