

## IMPERIAL FRIED RICE



### *Ingredients (makes 4-5 servings):*

- 3 C cooked rice, separated & cooled
- 1 C chopped onions
- ½ C green peas or young soybeans, frozen
- ½ C organic carrots, chopped and steamed
- ½ C vegan ham, chopped
- 4 mushrooms, sliced
- 2 Tbsp grape seed oil
- 1 Tbsp soy sauce
- ½ tsp salt
- ¼ tsp mushroom powder
- ¼ tsp black pepper
- ½ tsp sesame oil

### *Directions:*

1. Heat the oil in a pan, stir fry the chopped onions and carrots for 2 minutes
2. Add the peas and vegan ham, stir another minute, then add ¼ tsp salt.
3. Add cooked rice then stir fry for 3 minutes or until mixture is very hot.
4. Stir fry in sliced mushrooms, black pepper, ¼ tsp salt.
5. Lastly, stir in soy sauce and sesame oil. Ready to serve.

C = cup, tsp = teaspoon, Tbsp = tablespoon

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