

Vegan Fried Rice

Ingredients

- 2 Tb. canola or vegetable oil, divided
- 2 cups mixed frozen veggies (i.e. corn, peas, carrots, green beans)
- 5 garlic cloves, minced
- ¼ cup peanuts, crushed
- 2 cups cooked brown rice
- 2 ½ Tb. reduced-sodium soy sauce
- 2 Tb. sesame oil



Directions

1. Heat 1 tablespoon oil in skillet/wok, medium heat. Add veggies and garlic, cook ~2-4 mins (longer if hardy).
2. Add 1 tablespoon oil to pan, then add peanuts and rice. Cook for ~2 mins, stirring to mix contents together.
3. Add soy sauce and sesame oil. Stir well until combined and serve

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