Chicken Fried Rice – 8 servings
https://www.eminencenutrition.com/chicken-fried-rice

Ingredients:

- 2 cups Uncooked brown rice of your choice
- 8 slices Bacon, cut into pieces
- 2 Medium onions, diced
- 5 Eggs
- 2 cups Cooked chopped meat (chicken, turkey…etc.)
- Soy sauce To taste
- 4-5 Green onion, chopped
- 3-4 Celery stalks, chopped

Directions:

1. Cook rice as prescribed on package.
2. Fry bacon on medium heat in a big pan or on a skillet, and then drain some of the grease. Push to the side once cooked (or remove into dish).
3. Fry onions in the leftover grease. Push to the side (or remove).
4. Scramble eggs.
5. Combine bacon, onions, eggs, meat and cooked rice.
6. Season with soy sauce (be careful not to add to much).
7. Garnish with green onions and celery.
8. Cover with heat on low for 10 min.
9. Serve to your friends and family or freeze until use in freezer safe containers.
10. Enjoy! ☺