

## **Pulled Pork Fried Rice**

Prep Time: 5 minutes

Cook Time: 30 minutes

1/2 pound cooked pulled pork  
1 cup long-grain rice  
1 3/4 cup, plus 2 tablespoons, water  
4 1/2 teaspoons safflower, sunflower, or other high-heat cooking oil  
2 cups mixed frozen vegetables, thawed  
1 tablespoon chicken broth  
2 teaspoons soy sauce, or more to taste  
2 large eggs, lightly beaten

In a medium pot over medium-high heat, combine the rice and water and bring to a boil. Reduce to a simmer, cover, and cook until the water has evaporated and the rice is al dente, about 15 minutes. Fluff with a fork and set aside, uncovered.

In a wok or large skillet over high heat, warm the oil. Add the pork and cook, stirring occasionally, until lightly browned, about 2 minutes. Transfer about half of the pork to a plate or bowl and cover loosely to keep warm.

Add the rice and vegetables to the skillet and stir-fry until heated through, 1 to 2 minutes. Stir in the broth and soy sauce. Make a well in the center of the mixture and add the eggs, gently stirring the eggs occasionally until softly set, 1 to 2 minutes. Stir to mix the eggs into the rice. Add more soy sauce to taste, top with the reserved pork, and serve.

Note: Cooking the rice al dente will help keep it from becoming gummy in the stir-fry.

Makes 6 servings

### **Serving Suggestions**

This recipe is also a great way to use up leftover cooked rice. To go that route, skip the first step in the recipe and just start with about 3 cups of cold cooked long-grain rice. To vary the recipe, use different types of mixed vegetables or use your favorite fresh vegetables, sautéed until crisp-tender. You can also use oyster or hoisin sauce instead of the soy sauce.

### **Nutrition per serving**

Calories: 250

Cholesterol: 95mg

Protein: 13g

Fat: 7g

Sodium: 310mg

Fiber: 1g

Saturated Fat: 1.5g

Carbohydrate: 31g