

## INGREDIENTS

- 2 cups Brown rice, uncooked
- 3 cups Water
- 3 Tbsp Soy Sauce
- 2 tablespoons Vegetable or canola oil
- 1 tsp Vegetable base
- 3 Garlic cloves, crushed
- 1/2 cup Carrots,diced
- 1 cup Broccoli, chopped
- 1/2 cup Green Peas
- 1/2 cup Green onions, sliced
- 1 pinch of Salt
- 4-6 Scrambled eggs (large)

## INSTRUCTIONS

1. Preheat the oven to 400 degrees F.
2. Place rice in a 9x12 baking dish. Drizzle in canola or vegetable oil; toss to coat rice completely. Add garlic, green onions, carrots, peas, and broccoli. Season with salt. Stir until well combined.
3. Combine water and soy sauce in a pot over high heat. Stir and bring to a boil. Pour on top of the rice and stir briefly. Cover top tightly with heavy-duty aluminum foil.
4. Bake in the preheated oven for 32 minutes.
5. Remove and let stand for 10 minutes. Uncover; fluff rice with a fork. Taste and adjust seasoning to taste.
6. Increase oven temperature to 475 degrees F. Return to the oven until rice is browned and crusted; about 10 minutes.
7. Scramble eggs as desired and set aside.
8. Remove the dish from the oven and fold in the scrambled eggs.



## Oven Baked Vegetable "Fried" Rice



6 servings



Prep time 20 minutes

Cook time 42 minutes

Our baked vegetable fried rice recipe, a play on classic fried rice, is healthy, delicious, and easy to make! This recipe is packed with flavorful and colorful vegetables and tummy-filling rice and eggs. While written for six servings, this recipe is easily adjusted for a crowd. Vegetable fried rice is a flexible dish – we have added eggs for protein, but you can also add chicken, beef, or tofu. Enjoy!

