

Etsuko`s Famous Fried Rice

Arlene Colby - Hudson's Saginaw

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Yield: 6 to 8 servings

*3 cups uncooked white rice
1 pound thinly sliced or
ground steak
1 clove garlic, minced
1 large carrot, diced
1 medium onion, diced
2 stalks celery, diced
1 tablespoon sesame oil
2 packets instant beef or
chicken broth
2 tablespoons soy sauce
1/2 teaspoon salt
pepper (to taste)
2 eggs, scrambled
(optional)*

Cook the rice as directed on the package. Cool.

In a small skillet, brown the beef and garlic until half cooked. Drain. Set aside.

In a large skillet, saute' the vegetables in sesame oil until the carrots are tender. Add the beef to the vegetables. Stir in the instant broth and soy sauce. Mix well.

Cook over medium heat for 2 minutes. Add the rice to the mixture and stir well, 2 to 3 minutes. Add the salt and epper.

Cut the scrambled eggs, if using, into thin slices. Sprinkle over the top of the mixture.

Serve.

Per Serving (excluding unknc items): 230 Calories; 14g Fat (52.7% calories from fat); 5g Protein; 24g Carbohydrate; 6 Dietary Fiber; 0mg Cholesterol; 3222mg Sodium. Exchange: Vegetable; 2 1/2 Fat.