

## Fried rice

3 cups cooked and cold rice

1 lb. cooked and sliced chicken, turkey, pork or beef

½ cup chopped broccoli

½ cup chopped cauliflower

½ cup sliced mushrooms

1 small can bamboo shoots, drained

1 small can sliced water chestnuts, drained

2 eggs

Five spice

Teriyaki sauce

Soy sauce

Vegetable oil

If I am not using leftover meat, and rice I cook both ahead of time and cool. Cook rice by putting 1 ½ cups dry rice in a baking dish, add 3 cups water and 1 teaspoon salt. Cover with foil and bake at 350 for an hour. Remove from oven and fluff with a fork. Cook meat by placing on a baking tray, sprinkle teriyaki and soy lightly on them and bake at 350 for about 30 minutes. Cool and cut.

Get a large sauté pan or wok hot and add a tiny bit of vegetable oil to it. Place half of broccoli, cauliflower, mushrooms, bamboo shoots, and water chestnuts in pan. Cook for about 3 minutes stirring constantly. Add half of the meat and half the rice to pan. Sprinkle with five spice, teriyaki, and soy. Stir and cook until rice is hot. Add eggs and cook and stir until eggs are done. Remove from pan and repeat the whole process. This will easily serve 4 to 6 people.