

## **Stir-Fried Rice with Oriental Vegetables**

From: [Better Homes and Gardens](#)

Making stir-fried rice is great way to use up leftover rice. This version is packed with vegetables.



**Servings:** Makes 4 side-dish servings. **Total:** 25 mins

### **Ingredients**

- 1 cup sliced fresh shiitake, oyster, or button mushrooms
- 1/4 cup reduced-sodium chicken broth or beef broth
- 1 cup Chinese long beans or fresh green beans, cut into 1-inch pieces
- 1 cup sliced bok choy
- 1 cup sliced carrots
- 2 teaspoons grated fresh ginger
- 2 cloves garlic, minced
- 4 green onions, bias-sliced into 1-inch pieces
- 1 cup bean sprouts
- 2 cups cold cooked long grain white or brown rice
- 2 tablespoons light soy sauce
- 1 tablespoon water
- Green onion fans or curls (optional)

### **Directions**

- Trim stems from mushrooms and discard.
- Slice mushrooms; set aside.
- Heat broth in a large nonstick wok or skillet.
- Add beans, bok choy, carrots, ginger, and garlic to wok; cook and stir for 3 to 4 minutes or until crisp-tender.
- Add green onions and sprouts to wok; cook and stir for 2 minutes.
- Add mushrooms to wok; cook and stir for 1 minute more.
- Add rice, soy sauce, and water to wok; cook for 2 minutes more or until heated through.
- If desired, garnish with green onion fans or curls. Makes 4 side-dish servings.

### **Nutrition Facts**

**Calories 156, Total Fat 1 g, Sodium 299 mg, Carbohydrate 33 g, Fiber 4 g, Protein 6 g. Daily Values: Vitamin A 91%, Vitamin C 27%, Calcium 4%, Iron 16%.**  
Percent Daily Values are based on a 2,000 calorie diet