**Carol’s Leftover Fried Rice**

I’ve been jumping in the kitchen a lot more lately hoping to bring you easy recipes that you can actually find the ingredients for or that you may already have in your pantry during our new normal of social distancing.

This week’s recipe brings me back to my childhood. My momma would always make fried rice with all our leftovers in the kitchen. If we grilled out and had steaks, we knew fried rice was a couple days away. She’d always grill an extra steak to have ready for this dish. Or if we had extra shrimp or even grilled kielbasa, it would get chopped up and thrown in. Fried rice nights in our house made sure nothing ever went to waste.

She also would make the rice in the microwave after dinner one night and stick it in the fridge. That was her secret to perfect fried rice...it had to chill first before being fried! Plus, it made making dinner so easy to make when she got home from work the next night. Everything was already cooked. It was just basically warming it all up in a frying pan!

So let’s get cooking together...

**Ingredients:**

* 2 Cups White Rice
* Leftover Meat - Steak, Shrimp, Kielbasa (whatever protein you have cooked and leftover, chopped up into bite size pieces)
* Leftover Veggies - I Used 1 Cup Frozen Peas and a 1/2 Sweet Onion, Diced
* 1/2 Stick of Butter
* 1/4 Cup of Olive Oil (Not Pictured)
* 3-4 Eggs
* 1/8 or 1/4 Cup Soy Sauce
* Sesame Seeds

**How to Make:**

* Cook 2 cups rice in your rice cooker. If you don’t have one like me, I use my microwave. Double the water, so 4 cups of water, 2 Tbsp butter along with salt and pepper. Cook in a microwave safe dish with a plate over top for 20 minutes.
* Grab a giant pot with nice high sides...we’re making a lot of this dish, so I like to not have to worry about flipping it everywhere when I’m scraping the bottom.
* Add a splash of olive oil to cook down your veggies as well as warm up your leftover protein. I used leftover steak along with frozen peas and a 1/2 onion, diced.
* Remove meat and veggies and set aside.
* Pour olive oil and butter into bottom of pan. Mix butter in with oil as it begins to melt. Allow pan to heat up over medium heat, so that you hear that sizzle when you throw in the rice.
* Throw rice in and let it go while you scramble your eggs together in a bowl. Continue to scrape rice from sides and bottom, so it browns and gives you crispy bites, but doesn’t burn!
* Make a well for the eggs to cook in before mixing in with rice.
* When eggs are scrambled and cooked, mix in with rice.
* Pour soy sauce over the top and continue to scrape rice from sides and bottom, so it doesn’t burn.
* Add your protein and veggies back in and continue mixing around.
* Sprinkle sesame seeds over the top just before serving.
* Enjoy! :)

I told Ellis I was going to try it with cauliflower rice since we are both on the low carb train. I know Tyler loves recipes that will feed the family for days. This one definitely will feed a small army, plus it’s helpful in clearing the fridge of leftovers. I’m all about not letting anything go to waste, especially right now. We’d love to see your family enjoying these Quick Family Recipes! You can always share them with us on the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/).

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