

~True To Nature, Pasture Fed~



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~7 U Ranch Pork Fried Rice~

What you will need...

- ~ 8 to 9 cups cooked rice (3 cups uncooked)
- ~ 1 package uncured bacon (sliced pork bellies)
- ~ 1 purple onion, diced
- ~ 4 cloves garlic, minced
- ~ pinch cayenne pepper
- ~ organic soy sauce (make sure it's made by fermentation)
- ~ 4 eggs
- ~ sea salt (to your taste preference)

To Prepare...

- 1) Fry sliced pork bellies and chop into small pieces. Hint: I wanted a little smokey flavor, this time so I slow cooked them on the Grill.
- 2) Place pork bellies, onion and garlic on fry pan and sauté until onion and garlic have softened.
- 3) Add cooked rice and sprinkle soy sauce over the top. Turn over and gently stir from time to time, until flavors are well blended and the rice loses some of its moisture.
- 4) Last, crack 4 eggs over the top and prick with a fork. Cover and stir every few minutes until combined and eggs are fully cooked. Be careful not to over stir.

This serves my family of 5 (with growing teenagers) as a main dish, but can be cut in half, if desired.