

Oven fried rice

- 2 cups long grain par-boiled rice
- 1 large carrot (finely sliced)
- 1 pkg dry onion soup
- 1 large green pepper (chopped)
- 1 tsp pepper
- 4 1/2 cups boiling water
- 1/4 cup oil
- 1 medium onion (diced)
- 2 stalks celery (chopped)
- 2 cloves garlic (chopped)
- 1 tsp ginger root (finely chopped)
- optional
- 2 packets chicken bouillon (less salt variety)
- 1/2 cup soya sauce



In large casserole, put rice, onion, carrot, celery, green pepper, onion soup, garlic, ginger and pepper.

Pour boiling water into extra large measuring cup and stir in bouillon, soya sauce and oil. Pour into casserole, stir well and cover. Bake at 350 for 1 1/2 hours. Stir occasionally.

Before baking, can also add cooked, sliced, boneless chicken breasts or thighs, or browned extra lean beef/pork (drained), or uncooked shrimp. Amounts at your discretion.

Taste Tester Notes: This is a tasty casserole. I used the ginger, which adds good flavour, and added 2 cubed large boneless, skinless chicken breasts, which I mixed in raw and just let cook in the oven. I would also add a can of drained mushroom pieces. I found this was ready after 75 minutes and made about 12 cups.