Vegetable and Bacon Stir Fry

INGREDIENTS

1 c. instant rice

2 slices of bacon

1 carrot, peeled and diagonally sliced ¼ inch wide

1 broccoli, washed and cut into bite size pieces

1 cauliflower, washed and cut into bite size pieces

½ a small onion, small dice

1 stalk of celery, washed and cut diagonally

¼ c. bean sprouts, washed and dried

2 T. soy sauce

DIRECTIONS

1. Get a medium sauce pan and an electric skillet.
2. Add 1 ¼ cups water to a sauce pan. When it boils add rice. Turn off heat and cover with a lid for 5 minutes.
3. Clean and prepare vegetables using the correct knife cuts.
4. Using you kitchen shears, cut bacon into small pieces and cook at 325 degrees in electric skillet until done.
5. Add vegetables, onions, carrots, celery, broccoli, cauliflower and finally bean sprouts to fat until they are tender.
6. Add soy sauce and serve over rice.