



Hawaiian Fried Rice

\$1.28 per serving

Prep Time 10 minutes

Cook Time 30 minutes

Total Time 40 minutes

Servings 6

Calories 187 kcal

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Ingredients

- 1 tbs olive oil
- 1 small onion
- 1 red pepper chopped
- 6 oz cooked ham chopped into cubes (about 2 cups)
- 3 eggs lightly scrambled
- 1 1/2 cups brown rice uncooked and rinsed
- 2 cups water
- 2 tbs soy sauce
- 1 cup chopped pineapple
- Chopped scallions for garnish

Instructions

1. Place the olive oil, onion, and red pepper in the Instant Pot and set to Saute. Stir the onions and peppers a few times while sauteing. Once they're softened, add the ham and stir. Then add the beaten eggs and stir for a couple minutes, until they're cooked through.
2. Add the brown rice, water, soy sauce, and chopped pineapple to the Instant Pot. Cover, turn the vent to Sealing, and select Manual. Set the manual time to 24 minutes on high pressure.
3. Once the rice has been cooked for 24 minutes, let it sit in Keep Warm mode for 5 minutes before venting and opening the pot. Divide the rice into bowls and garnish with scallions.