

Pear & Pork Rice Bowl

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

1 tablespoon + 1 teaspoon salted butter
1 #10 can Pacific Northwest Canned Pears, diced, in extra light syrup, drained
½ cup vegetable oil, divided
8 large eggs, lightly beaten
3-¼ cups diced onions
¼ cup finely chopped garlic
12 cups cooked, cooled long grain brown rice
8 ounces crumbled cooked bacon
1 pound cooked Italian sausage links
1-¼ pounds frozen edamame
5 ounces soy sauce
¼ cup sesame oil
¼ cup coarsely chopped cilantro
½ cup thinly sliced scallions, white and green

Servings

Makes 24 (¾-cup) servings

Nutrition

Calories: 380
Total Fat: 19 g
Saturated Fat: 5 g
Cholesterol: 91 mg
Sodium: 703 mg
Carbohydrate: 37 g
Fiber: 4 g
Sugar: 6 g
Protein: 16 g
Calcium: 43 mg
Iron: 2 mg

Method

Place a large, wide sauté pan over medium high heat. Add butter and sauté 4 cups pears until lightly browned. Remove pan from heat and transfer pears to a bowl.

Wipe out pan, return to stove and heat 1/4 cup oil over medium heat. Add eggs and scramble until fully cooked. Transfer to another bowl and set aside.

Wipe out pan and heat remaining 1/4 cup oil. Add onion and sauté until lightly softened, 3 to 4 minutes. Add garlic and continue to cook 1 minute or until fragrant.

Add rice, bacon, sausage, edamame, and reserved pears to the pan. Cook until the rice begins to warm and soften.

Add the cooked eggs back into the pan, stir in the soy sauce, sesame oil and cilantro. Cook until ingredients are thoroughly heated through. Garnish with scallions and serve immediately.