



Garlic Ginger Beef Ramen

Servings 6 | Prep time 10 mins. | Total time 25 mins.

Equipment: Large Frying Pan

Utensils: Mixing spoon, Measuring cups and spoons

Ingredients

1/4 tablespoon olive oil OR vegetable oil
1/2 pound (85% or leaner) ground beef
2 cups water
1 ramen noodle seasoning packet (included in ramen noodle packaging)
1 20 ounce package frozen stir-fry vegetable mix
2 green onions, thinly sliced (optional)
1/4 teaspoon ground ginger
2 garlic cloves, minced OR 2 teaspoons garlic powder
2 packages instant ramen noodles (any flavor), broken into small pieces

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. In a large frying pan add oil and brown ground beef over medium-high heat. Drain fat from frying pan.
3. Add water and one seasoning packet to cooked beef. Mix well.
4. Add vegetables, green onions (if using), ginger, and garlic. Bring to a boil over high heat.
5. Add ramen noodles, reduce heat to low, and simmer 3 to 5 minutes until vegetables are tender, stirring occasionally.
6. Refrigerate leftovers within 2 hours.

Nutritional Information:

Calories 240
Total Fat 9g
Sodium 980mg
Total Carbs 29g
Protein 12g