



# 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 oriental flavor instant ramen noodles, 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