



Create Your Own Ramen Soup

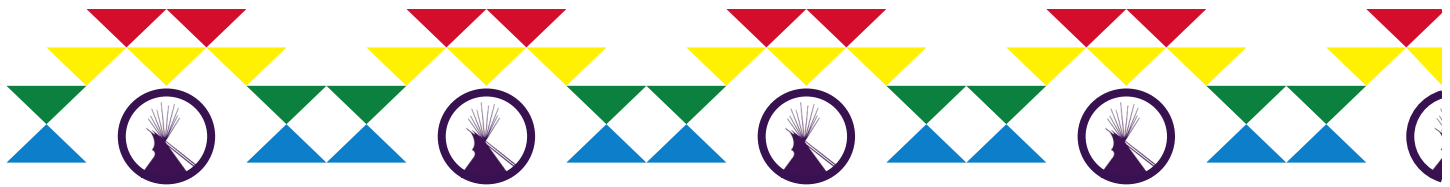
Makes 4-6 servings | **Vegetables** • **Protein** • **Grains**

Ingredients

- 2 Tablespoons oil
- Ingredients from the table below
- 2 packages any flavor ramen

Broth 4-6 cups	<ul style="list-style-type: none"> 4-6 cups of low-sodium vegetable, beef, or chicken broth + $\frac{1}{4}$ - $\frac{1}{2}$ cup soy sauce 2-3 cups tomato sauce + 2-3 cups low-sodium broth 4-6 cups water + 1 flavor ramen packet + $\frac{1}{4}$- $\frac{1}{2}$ cup soy sauce
Proten 1 cup	<ul style="list-style-type: none"> Beans or lentils (canned or cooked) Beef, chicken, game, ham, lamb, pork, turkey, or veal, thinly slices or cubed (cooked) Tuna, salmon, or other fish (canned or cooked)
Flavoring Choose 1 or more	<ul style="list-style-type: none"> 3 tablespoons vinegar 2 garlic cloves or $\frac{1}{2}$ teaspoon powder or 1 teaspoon minced. 2 tablespoons fresh ginger or $\frac{1}{4}$ teaspoon dry ginger 1-2 teaspoons dried herbs
Vegetables 2-3 cups cooked fresh, frozen, or canned	<ul style="list-style-type: none"> Broccoli Carrots Celery Corn Green beans <ul style="list-style-type: none"> Leafy greens (spinach, kale) Mushrooms Mixed vegetables Onion Peas
Topping 2-4 Tablespoons	<ul style="list-style-type: none"> Halved boiled egg Green onions Sesame seeds or crushed nuts Corn Bean sprouts

Directions on the back →



Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Choose at least one item from each row on the chart on the first page.
3. Cut chosen ingredients. Cook protein foods, if raw.
4. If using fresh garlic and/or ginger sauté with 2 tablespoons oil.
5. Add in broth and chosen aromatics.
6. Bring to boil.
7. Add in vegetables.
8. Reduce heat let simmer for 9 minutes.
9. Add ramen, continue to let simmer for an additional 3-4 minutes until noodles are soft.
10. Garnish with toppings, as desired.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>
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