

Create Your Own Ramen Soup

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

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Heat oil in a large saucepan.
3. Add in flavorings and cook for 1-2 minutes.
4. Add in protein food and cook for 1-2 minutes. If using eggs as the protein, add in during step 6.
5. Add in broth combination and bring to a boil.
6. Add in noodles and vegetables. If using eggs, crack them into a bowl and whisk together, then pour into bubbling broth. Simmer until noodles are tender.
7. Dish into 4-6 bowls and add toppings. Note that toppings are listed per bowl.

Ingredients on the back →



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 local CNP educator.

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Oil 1-2 Tablespoons	<ul style="list-style-type: none"> • Canola oil • Toasted sesame seed oil
Noodles 6 ounces dry noodles	<ul style="list-style-type: none"> • 2 3-ounce packages Ramen noodles • 6 ounces rice noodles
Broth Choose 1 and make 4-6 cups	<ul style="list-style-type: none"> • 4-6 cups of low-sodium broth + $\frac{1}{4}$ - $\frac{1}{2}$ cup low-sodium soy sauce • 4-6 cups water + 1 flavor Ramen packet + $\frac{1}{4}$- $\frac{1}{2}$ cup soy sauce
Protein 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"> • 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 • 1-2 Tablespoons chili sauce or 1-2 teaspoons dried chili flakes
Vegetables 2-3 cups cooked fresh, frozen, or canned	<ul style="list-style-type: none"> • Broccoli • Carrots • Cauliflower • Celery • Corn • Green beans • Leafy greens (spinach, kale, boy choy) • Mushrooms • Mixed vegetables • Onion • Peas
Topping Choose 1 or more per bowl	<ul style="list-style-type: none"> • 1 boiled egg, halved • 2-4 Tablespoons green onions • 1 teaspoon vinegar • 2-4 teaspoons sesame seeds or crushed nuts • 2-4 Tablespoons corn kernels • $\frac{1}{4}$ cup bean sprouts