



# Beef and Ramen Noodles



SNAP-Ed

## Ingredients



- 1/2 pound lean ground beef small pieces
  - 1 Tbsp fresh ginger or 1/4 tea- spoon ground ginger
  - 2 cloves garlic, minced OR 1/4 teaspoon garlic powder
  - 2 C water
  - 2 packages oriental flavor instant ramen-style noodles, broken into
  - 16 oz frozen Asian-style vegeta- bles or any other frozen vegeta- bles
  - 2 green onions, thinly sliced
- Yield: 7.5 cups  
Serving Size: 1 1/2 cup



## Directions



1. In a large skillet over medium-high heat, brown ground beef and cook until no longer pink. Drain fat. Remove beef from skillet and set aside.
2. Add the ginger and garlic to the skillet and cook for 10 seconds. Add water, noodles, and one seasoning packet from the ramen noodle packages (discard other seasoning packet or save for another use). Bring to a boil over high heat.
3. Add frozen vegetables, cooked beef, and green onions, reduce heat to medium, and cook until the mixture returns to a boil. Remove from heat and serve.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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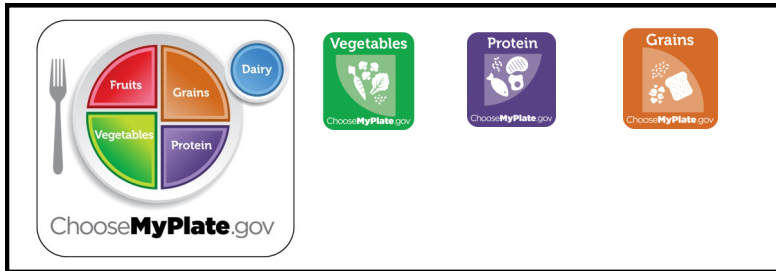
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Substitute fresh vegetables for frozen if preferred
- Use whatever vegetables you have on hand

## Nutrition Facts



### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1.5 cups</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	<b>28%</b>
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2.7mg	15%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

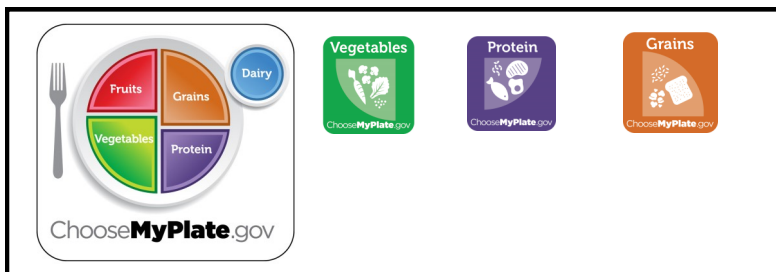
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