

# Can-Do RAMEN

## *Pork and Beans*

Servings: 5

### Ingredients

- ½ cup onion, chopped
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 4 cups water
- 2 packets ramen noodles, 1 seasoning packet needed (Pork ramen noodles are suggested for flavor.)
- One 15.5-ounce can Great Northern beans, rinsed and drained
- One 12-ounce can luncheon meat, diced
- Salt and pepper to taste

### Directions

1. Wash hands and surfaces.
2. In a pot over medium-high, cook onions and garlic in oil until soft, stirring often (approximately 2 minutes).
3. Add water, 1 ramen seasoning packet, beans and meat to pot, and heat to boiling.
4. Reduce heat, add noodles and cook until noodles are done (approximately 2 minutes). Add salt or pepper if desired.
5. Let cool slightly before serving.
6. Refrigerate leftovers immediately.



### **Safety tip**

Use potholders when microwaving food to keep from burning yourself.



## ***Beef and Noodle Vegetable Soup***

Servings: 6

### **Ingredients**

- 1 pound ground beef or turkey
- 1 envelope onion soup mix
- 1 package beef-flavored ramen noodles
- $\frac{3}{4}$  teaspoon black pepper
- 30 ounces tomato sauce
- 3 cups water
- Two 15.5-ounce cans mixed vegetables

### **Directions**

1. In a large pot over medium heat, cook ground meat 6-8 minutes, breaking into crumbles. Drain extra fat.
2. Stir in soup mix,  $1\frac{1}{2}$  teaspoons seasoning from the noodles and black pepper.
3. Add tomato sauce, water and vegetables.
4. Bring to a boil. Reduce heat and simmer for 2 minutes.
5. Break noodles into small pieces and add to soup. Cook 3-5 minutes longer or until noodles are tender. Serve.
6. Refrigerate leftovers immediately.



### **Cooking tip**

You don't need a recipe to add a boost to ramen noodles. Simply add some vegetables (canned, frozen or fresh), beans and/or meat to a skillet to make a quick stir-fry. Combine with prepared noodles and seasoning packet. If you aren't using meat, you can always add a boiled egg on top or scrambled eggs to the vegetables for some extra protein.

## ***Ramen Cabbage Salad***

Servings: 8

### **Ingredients**

- 1 small head of cabbage, shredded
- 2 cups broccoli, chopped
- 1 cup carrot, shredded
- ½ cup green onion, chopped
- 1 package chicken-flavored ramen noodles, crushed

### **Dressing**

- 1 ramen seasoning packet
- 3 tablespoons vinegar (any type)
- 1 tablespoon sugar
- 2 tablespoons cooking oil

### **Directions**

1. Wash hands and surfaces.
2. In a large bowl, combine cabbage, broccoli, carrot, onion and uncooked ramen noodles.
3. In a small bowl, whisk together the dressing ingredients.
4. Pour dressing over salad and toss to mix. Refrigerate until ready to serve.
5. Refrigerate leftovers immediately.



Funded in part by USDA SNAP.  
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## ***Ramen Haystacks***

Servings: 12 stacks

### **Ingredients**

- 1 cup chocolate chips
- 1 tablespoon peanut butter
- 1 unprepared packet of ramen noodles (without seasoning packet)

### **Directions**

1. Wash hands and surfaces.
2. In a casserole dish, put chips and peanut butter and cover with plastic wrap. Microwave 30 seconds. Stir. Repeat until all chips are melted.
3. Break apart ramen noodles and add to the chocolate mixture.
4. On a cookie sheet covered with wax paper, scoop small spoonfuls of the mixture and refrigerate until set (approximately 10 minutes).
5. Keep refrigerated until served.

