

Can-Do Egg Noodles



Easy Stroganoff

Servings: 4

Ingredients

- 8 ounces egg noodles (uncooked)
- 1 pound lean ground beef or ground turkey
- 1 onion, chopped
- 1 bell pepper, chopped
- 8 ounces canned mushroom pieces, drained
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- ½ teaspoon beef bouillon granules
- 1 cup plain, low-fat yogurt

Adapted from: [nutrition.gov/recipes/easy-stroganoff](https://www.nutrition.gov/recipes/easy-stroganoff)

Directions

1. In a saucepan, prepare noodles according to package directions. Drain when cooked.
2. Meanwhile, brown ground beef or turkey and onions in a skillet until meat is no longer pink and onions are clear.
3. Add pepper, mushroom pieces, garlic powder, black pepper and beef bouillon.
4. Cover and let simmer for 15 minutes. Add yogurt during last 5 minutes of cooking time.
5. To serve, place 1 cup of egg noodles on plate. Top with ½ cup of beef or turkey mixture.



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Five Happiness Fried Noodles

Servings: 5

Ingredients

- 10 cups water
- 1 pound egg noodles
- 1 tablespoon olive oil (or vegetable oil), divided
- 3 cups bean sprouts
- 1 cup bamboo shoots, thinly sliced in strips
- ½ cup carrots, shredded
- ½ cup shiitake mushrooms, dried, soaked, stems removed and thinly sliced in strips, or 1 small can of mushrooms
- 2 onions, thinly sliced in strips
- ½ teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce

Adapted from: snaped.fns.usda.gov/nutrition-education/healthy-thrifty-holiday-menus/lunar-new-year

Directions

1. Clean hands and food preparation surfaces.
2. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or “al-dente,” approximately 5 to 7 minutes; drain and set aside.
3. Heat a nonstick wok (or large nonstick skillet) over high heat. Add ½ tablespoon oil, swirling to coat the pan; add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
4. Add remaining ½ tablespoon oil to wok, add vegetables and stir-fry until just cooked, about 5 to 7 minutes.
5. Return noodles to the wok, add salt, sugar and soy sauce.
6. Stir to combine and serve.

Stovetop Tuna Casserole

Ingredients

- 8 ounces egg noodles (4 ½ cups dry)
- 2 cups frozen peas
- 1 can (5 ounces) tuna in water, drained
- 1 can (10.5 ounces) condensed cream of chicken soup
- ⅓ cup 1% or nonfat milk
- 1 tablespoon prepared mustard
- 1 teaspoon chicken bouillon
- ½ teaspoon onion powder
- ⅛ teaspoon black pepper

Directions

1. Clean hands and food preparation surfaces.
2. Cook noodles using package directions. Add peas during the last three minutes of noodles cooking time. Drain.

3. While the noodles are cooking, mix remaining ingredients in a medium bowl. Add to drained noodles and stir well.
4. Cook on low heat, stirring often, until heated through. Serve warm.
5. Refrigerate leftovers within 2 hours.

Notes:

- Cream of mushroom or cream of celery soup can be substituted for cream of chicken.
- Substitute any type of noodle you have on hand. Try whole-wheat noodles for more fiber.
- Try adding other frozen or fresh vegetables instead of the peas.
- Reheat the casserole in the microwave if it has cooled before serving.

Adapted from: foodhero.org/recipes/stovetop-tuna-casserole

Chicken Noodle Soup

Servings: 6

Ingredients

- 1 tablespoon oil (vegetable, canola or olive)
- 1 tablespoon garlic, minced
- 1 cup chopped onion (about 1 onion)
- 2 cups sliced carrots (about 3 carrots)
- ½ cup chopped celery (about 2 ribs)
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 teaspoon sage
- 1 tablespoon rosemary
- 1 tablespoon thyme
- 2 cups cooked chicken, shredded or diced (about 1 pound boneless and skinless chicken)
- 6 cups low sodium chicken or vegetable broth
- 2 cups egg noodles, cooked

Adapted from: extension.umaine.edu/food-health/recipes/chicken-noodle-soup/

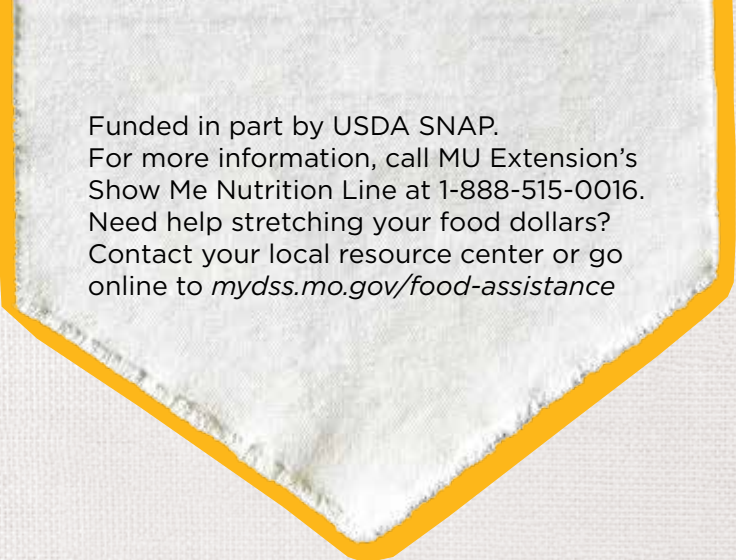
Directions

1. Place a large stockpot over medium-high heat.
2. Add oil, garlic, onion, celery and carrots and sauté for about 7 to 10 minutes or until vegetables begin to soften.
3. Add seasonings and stir.
4. Add cooked shredded/diced chicken and stir.
5. Add broth and bring to a gentle boil, about 3 to 5 minutes.
6. Add cooked egg noodles, let simmer for about 5 minutes.
7. Remove from heat and serve.

Tips:

- Any boneless/skinless chicken part may be used for this recipe.
- Turkey can also be used instead of chicken.
- 2 cups of any cooked grain can be used instead of egg noodles (your favorite pasta, gluten-free pasta, rice, etc.).
- Soup freezes well. Make ahead and freeze.





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Egg Noodle Tips

Properly stored at room temperature, dry noodles will remain at their best quality for around two years.

- When noodles are added to boiling water, they expand and move around. Use a large pot that allows for plenty of water and movement; a small, cramped pot limits movement, resulting in uneven cooking and sticky noodles.
- A drizzle of olive oil in the boiling water can also keep noodles from sticking.
- Noodles quickly absorb liquids and can become soggy and gooey. When adding dry noodles directly to soup, be sure to add them to the soup later to ensure they retain their texture. Once your soup is nearly ready, add noodles and let them simmer until serving time.
- Egg noodles are naturally starchy, causing noodles to stick together in clumps. Draining egg noodles under cool water immediately after boiling not only stops the cooking process but also rinses away the excess starch, ensuring they stay separate.
 - When adding noodles directly to a hot dish, skip the rinse. The starch released from egg noodles while they cook, while rinsed away for cold dishes, is useful in hot dishes; it helps make sauces and broths cling to each noodle, boosting flavor and texture.
- Stir-fry dishes often involve cooking noodles twice; first boiled and then stir-fried. When boiling noodles for stir-fry, slightly undercook them (tender but with a slight firmness in the center) so they can withstand the stir-fry process without turning mushy.