



Ramen Noodle Skillet

Serves: 4 | Serving Size: 1¼ cup

Ingredients Needed:

- 2 teaspoons oil (canola or vegetable)
- 1 cup onion, chopped (about 1 medium onion)
- 1 carrot, chopped or sliced into small pieces
- 2 cups frozen broccoli stir fry vegetable mixture, thawed
- 2 cups cooked meat, poultry, or tofu, cut into bite-sized pieces
- 1 package (3 ounces) beef or chicken flavored instant ramen noodles, broken into pieces (discard seasoning packet)
- Homemade ramen seasoning (see below)
- 2 cups sodium-free broth (chicken, beef, or vegetable)

Homemade Ramen Seasoning:

(For a healthier option, make your own homemade seasoning. Use the ingredients below instead of the enclosed seasoning packet that comes with the ramen noodles.)

- 1 teaspoon ground ginger
- 1 teaspoon garlic powder

- 1 teaspoon onion powder
- 1/4 teaspoon salt (or to taste)
- 1/4 teaspoon pepper (or to taste)

Directions:

1. Heat oil in a large skillet. Add onion and carrots and sauté until soft (about 5 minutes).
2. Thaw the broccoli mixture in the microwave and drain.
3. Add the broccoli mixture and cooked meat, poultry, or tofu to the skillet. Stir and heat (about 1-2 minutes).
4. Add the homemade ramen seasoning to the broth and stir into the skillet.
5. Break apart the ramen noodles. Add to the skillet when the broth begins to simmer. Stir to moisten the noodles.
6. Cover the skillet and cook until done (about 2 minutes). Serve immediately.

Tips:

- Substitute 1 pound of ground beef or turkey to yield 2 cups of meat.
- Speed up this recipe by using leftover meat and vegetables.