



Asian Beef and Noodles

Prep time: 10 minutes | Cook time: 15 minutes | Number of servings: 5

- ½ pound lean ground beef
- 1 tablespoon fresh ginger OR
¼ teaspoon ground ginger
- 2 cloves garlic, minced OR
¼ teaspoon garlic powder
- 2 cups water
- 2 packages Oriental Flavor
instant ramen-style noodles,
broken into small pieces
- 16 ounces frozen Asian-
style vegetables or any
other frozen vegetables
- 2 green onions, thinly sliced

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.



Nutrition Facts (Serving size 1½ cups): Calories-240; Protein-14g; Carbohydrate-22g; Total Fat-11g; Saturated Fat-4.0g; Cholesterol-30mg; Fiber-3g; Sodium-394mg; Vitamin C-20%; Vitamin A-2%; Iron-15%; Calcium-6%

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Cook Together! Making Beef & Noodles with Kids

These noodles are a hit with kids. Adding protein and vegetables provides much healthier and tastier choices than the noodle packet alone.

Food Sense Tip

- Frozen vegetables are easy to use, and are just as nutritious as fresh vegetables!

- Easy Tasks:** Gather ingredients and equipment.
Break noodles into smaller pieces.
- Intermediate Tasks:** Open packages.
Measure ingredients.
Turn burner on and off.
- Difficult Tasks:** Add seasonings and water to pan.
Brown, drain, and remove meat from pan.
Add vegetables, noodles, and meat to boiling water.
Remove from heat and serve.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.



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