



Garlic Ginger Ramen with Beef

Adding garlic and ginger to ramen is a game changer! This recipe has vegetables, protein, and lots of flavor.

Makes: 6 servings

Ingredients

- ½ pound ground beef
- ½ teaspoon onion powder
- salt and black pepper to taste
- 1 teaspoon reduced sodium soy sauce
- 2 cups beef broth
- 1 package frozen stir-fry vegetables?(16 ounces, any type)
- 1 tablespoon fresh ginger (or 1/4 teaspoon ground ginger)
- 2 cloves garlic, minced?(or 1/2 teaspoon garlic powder)
- 3 ounces ramen noodles
- 2 green onions, thinly sliced

Directions

1. In a large skillet over medium-high heat, brown the ground beef. Drain fat from the skillet.
2. Add onion powder, salt, pepper, and soy sauce. Cook for 1 minute.
3. Add beef broth to the beef mixture.
4. Add vegetables, ginger, and garlic. Bring to a boil over high heat.
5. Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until noodles and vegetables are soft, stirring occasionally.
6. Top with green onion and enjoy.

Note: Try adding more seasonings such as red pepper flakes, hot chile sauce, chili crisp, or jalapeno peppers.



Recipe from: *Food Hero*, Oregon State University Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

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