



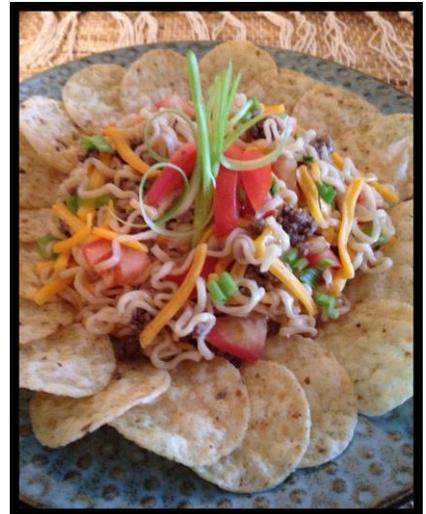
Ramen Noodle Recipes



Quickest Chicken Noodle Soup



Crunchy Broccoli Salad



Taco Ramen Salad



Sweet and Sour Ramen Chicken



South of the Border Ramen



Ramen Rocky Road Bites

**Menu Makers is a monthly recipe program from Neighbors, Inc.,
a nonprofit, social service organization in South St. Paul, MN.
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Quickest Chicken Noodle Soup

You will need:

2 packages chicken flavor ramen noodles	4 cups water	2 cloves garlic, minced or crushed
2 boneless, skinless chicken breast halves, cut into bite-sized pieces		1 carrot, shredded
1 cup thinly slivered cabbage	1 tsp. ginger (optional)	soy sauce, to taste
2 tbsp. cooking oil		

Instructions:

- Heat oil over medium-high heat in a large skillet. Sauté chicken until cooked and browned on all sides.
- Bring water to a boil in a soup pot. Add sautéed chicken, carrot, cabbage, garlic, and ginger.
- Cook 2 minutes and then add ramen noodles along with only 1 ramen flavor packet.
- Cook 3 minutes and not a second longer! Taste and then add a slosh of soy sauce to taste.

Crunchy Broccoli Salad

You will need:

2 packages ramen noodles, crushed	1 head romaine, chopped	1 bunch green onions, chopped
1 large head broccoli, cut into florets	1 lb. bacon, cooked and cut into small pieces	
4 tbsp. butter, melted	1 cup chopped pecans or almonds	
1 cup vegetable oil	$\frac{1}{2}$ cup red wine vinegar	$\frac{3}{4}$ cup white sugar
1-1/2 tbsp. soy sauce	salt and pepper to taste	

Instructions:

- Discard ramen seasoning packet. Mix butter, nuts, and crushed ramen noodles.
- Spread mixture on a cookie sheet and bake 350 degrees F until lightly browned, stirring occasionally.
- Bake for about 10 minutes. Set aside to cool completely.
- Add broccoli, onions, lettuce, bacon, and noodle-nut mixture. Toss with dressing right before serving.

Taco Ramen Salad

You will need:

1 package beef ramen noodles	$\frac{1}{2}$ pound ground beef	1 small tomato, chopped
$\frac{1}{2}$ cup onion, chopped	1 cup cheddar cheese, shredded	
Thousand Island dressing, to taste		

Instructions:

- Cook noodles according to package instructions and drain. Brown ground beef and drain.
- Stir in $\frac{1}{2}$ seasoning packet. Mix all ingredients together. Add dressing.

Sweet and Sour Ramen Chicken

You will need:

2 packages chicken flavor ramen noodles 1 cup chopped bell pepper, (red or green, your choice)
1 lb. boneless chicken breast 4 whole green onions, thinly sliced small amount of cooking oil
1/3 cup sweet and sour sauce 1 (20 oz.) can pineapple chunks, undrained ½ tsp. powdered ginger

Instructions:

- Drain pineapple juice into a measuring cup and add enough water to measure 2 cups. Set aside.
- Cut chicken into 1-inch pieces and season with ginger. Heat a bit of oil and stir-fry chicken 3-4 min.
- Add pineapple juice; bring to a boil. Break up noodles and add to skillet with the seasoning packets.
- Bring back to a boil.
- Reduce heat and simmer for 3 minutes or until noodles are tender and most of the liquid is absorbed.
- Add sweet and sour sauce, pepper, onion, and pineapple. Cook until peppers are tender-crisp.

South of the Border Ramen

You will need:

2 packages beef ramen noodles 1 small onion 1 - 2 small tomatoes
1 (15 oz.) can whole kernel yellow corn 1 (15 oz.) can black beans 1 packet taco seasoning
taco blend shredded cheese 1 lb. cooked ground beef or turkey, optional
additional peppers, chilies, sour cream, salsa, guacamole

Instructions:

- Cook ramen noodles according to package instructions. Drain corn and beans.
- Place cooked and drained noodles in casserole pan. Preheat oven to 350 degrees F.
- Sprinkle onion, tomato, corn, black beans, cooked ground meat, and taco seasoning over noodles.
- Sprinkle with cheese. Place in oven for 15 - 20 minutes until cheese is melted.
- Remove from oven. Serve warm with sour cream, guacamole, or salsa.

Ramen Rocky Road Bites

You will need:

1 package ramen noodles, crushed ½ cup smooth peanut butter 1 cup mini marshmallows
1 cup semisweet chocolate chips

Instructions:

- Use a hammer to break up ramen noodles in the package. Throw away the seasoning packet.
- Line a baking sheet with parchment paper or use mini cupcake papers in a mini cupcake pan.
- In a medium size microwavable bowl, add chocolate chips and peanut butter.
- Microwave on medium for 1 minute. Stir
- If not entirely melted, return to microwave for an additional 15 seconds.
- Add ramen noodles and marshmallows and stir to combine.
- Drop by spoonfuls onto baking sheet or into cupcake pan.
- Place in refrigerator for 1 hour to set.