

# Ramen Bowl (1)

by BMC Teaching Kitchen



## About

Serves: 3 servings

Total Time: 30 minutes

Prep Time: 10 minutes

Cook Time: 20 minutes

## Materials

- Measuring spoons
- Measuring cup
- Pot
- Stove top
- Knife to chop up vegetables
- Mixing spoon
- Spoon or fork to eat with

## Ingredients

- Oil- 1 Tablespoon avocado, canola, sesame, peanut or light olive oil
- Vegetables- 1 medium bell pepper + 1 medium carrot OR 2 cups chopped fresh or frozen vegetables of choice
- Spinach- 2 handfuls spinach OR other cooking greens such as swiss chard, mustard greens, bok choy etc
- Aromatics- 3 cloves garlic + 1" piece of fresh ginger OR shallots/onions/leeks
- Ramen- 2 packets of ramen noodles OR about 6 oz soba noodles
- Seasoning- 1 ramen seasoning packet OR 1 heaping Tablespoon miso paste OR bouillon to taste
- Water- 6 cups, OR low-sodium chicken or vegetable broth
- Protein- 1 pound ground chicken/beef/turkey/pork (93% lean) OR 1 package crumbled tofu
- Coconut\_milk- ½ can (optional)
- Herbs- Chopped scallions, cilantro, or other herbs for garnish and flavor (optional)

# Ramen Bowl (2)

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## Directions

**Step 1** - Chop the vegetables into small pieces if using fresh vegetables. Frozen vegetables are often pre-chopped.

**Step 2** - Mince or grate the aromatics, if using.

**Step 3** - Heat oil in a stockpot over medium heat.

**Step 4** - Add the vegetables and cook for 8-10 minutes, until soft (less time if using frozen veg). Add the aromatics and cook 1 minute more, stirring frequently.

**Step 5** - Add the protein to the pot. If using ground meat or poultry, use a fork or potato masher to break it up in the pot, and stir frequently until it is no longer pink. If using tofu, crumble the tofu into the pot with your hands, and allow it to cook for 2 minutes.

**Step 6** - Add the water or broth, plus whatever seasoning you chose (packet from instant ramen noodles, miso paste, or bouillon).

**Step 7** - Add noodles to the pot and cook until soft. Follow package instructions for cook time.

**Step 8** - Add the coconut milk if using.

**Step 9** - Serve, and sprinkle with fresh herbs such as scallions or cilantro.

**Microwave Version:** \*You will need a large, microwave-safe bowl. We recommend glass or ceramic.

- Microwave the frozen vegetables until defrosted, about 2 minutes
- Add broth or water, crumbled or diced tofu, and instant noodles to the bowl. Microwave 2-3 minutes.
- Stir in seasoning (packet from instant ramen, miso paste or bouillon), break up the noodles by stirring, and allow to sit for 3 minutes.
- Garnish with fresh herbs if you'd like.

# Ramen Bowl (3)

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## Nutritional Information

Serving Size: 3 servings

Calories: 528 Calories

Fat: 22g

Saturated Fat: 11g

Carbohydrates: Net Carb: 42g

Dietary Fiber: 2g

Protein: 34g

Sodium: 700