# Con-Do RAMEN

# Pork and Beans

Servings: 5

### Ingredients

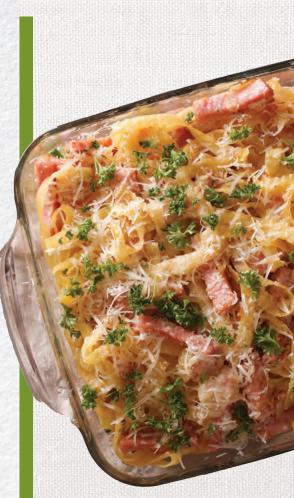
- <sup>1</sup>/<sub>2</sub> cup onion, chopped
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 4 cups water
- 2 packets ramen noodles, 1 seasoning packet needed (Pork ramen noodles are suggested for flavor.)
- One 15.5-ounce can Great Northern beans, rinsed and drained
- One 12-ounce can luncheon meat, diced
- Salt and pepper to taste

## Directions

- 1. Wash hands and surfaces.
- 2. In a pot over medium-high, cook onions and garlic in oil until soft, stirring often (approximately 2 minutes).
- 3. Add water, 1 ramen seasoning packet, beans and meat to pot, and heat to boiling.
- 4. Reduce heat, add noodles and cook until noodles are done (approximately 2 minutes). Add salt or pepper if desired.
- 5. Let cool slightly before serving.
- 6. Refrigerate leftovers immediately.

# Safety tip

Use potholders when microwaving food to keep from burning yourself.





# Beet and Novdle Vegetable Soup

#### Servings: 6

#### Ingredients

- 1 pound ground beef or turkey
- 1 envelope onion soup mix
- 1 package beef-flavored ramen noodles
- <sup>3</sup>/<sub>4</sub> teaspoon black pepper
- 30 ounces tomato sauce
- 3 cups water
- Two 15.5-ounce cans mixed vegetables

### Directions

- In a large pot over medium heat, cook ground meat 6-8 minutes, breaking into crumbles. Drain extra fat.
- 2. Stir in soup mix, 1½ teaspoons seasoning from the noodles and black pepper.
- 3. Add tomato sauce, water and vegetables.
- 4. Bring to a boil. Reduce heat and simmer for 2 minutes.
- 5. Break noodles into small pieces and add to soup. Cook 3-5 minutes longer or until noodles are tender. Serve.
- 6. Refrigerate leftovers immediately.

## **Cooking tip**

You don't need a recipe to add a boost to ramen noodles. Simply add some vegetables (canned, frozen or fresh), beans and/or meat to a skillet to make a quick stir-fry. Combine with prepared noodles and seasoning packet. If you aren't using meat, you can always add a boiled egg on top or scrambled eggs to the vegetables for some extra protein.

# Ramen Cabbage Salad

#### Servings: 8

## Ingredients

- 1 small head of cabbage, shredded
- 2 cups broccoli, chopped
- 1 cup carrot, shredded
- 1/2 cup green onion, chopped
- 1 package chicken-flavored ramen noodles, crushed

## Dressing

- 1 ramen seasoning packet
- 3 tablespoons vinegar (any type)
- 1 tablespoon sugar
- 2 tablespoons cooking oil

## Directions

- 1. Wash hands and surfaces.
- 2. In a large bowl, combine cabbage, broccoli, carrot, onion and uncooked ramen noodles.
- 3. In a small bowl, whisk together the dressing ingredients.
- 4. Pour dressing over salad and toss to mix. Refrigerate until ready to serve.
- 5. Refrigerate leftovers immediately.



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# Ramen Haystacks

Servings: 12 stacks

#### Ingredients

- 1 cup chocolate chips
- 1 tablespoon peanut butter
- 1 unprepared packet of ramen noodles (without seasoning packet)

#### Directions

- 1. Wash hands and surfaces.
- 2. In a casserole dish, put chips and peanut butter and cover with plastic wrap. Microwave 30 seconds. Stir. Repeat until all chips are melted.
- 3. Break apart ramen noodles and add to the chocolate mixture.
- 4. On a cookie sheet covered with wax paper, scoop small spoonfuls of the mixture and refrigerate until set (approximately 10 minutes).
- 5. Keep refrigerated until served.



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