

Asian Beef and Noodles

Ingredients:

- 1¼ pounds lean ground beef
- 2 packages (3 ounces each) beef-flavored instant ramen noodles
- 2 c. frozen vegetable mixture
- ¼ tsp. ground ginger
- 2 Tbsp. green onion, thinly sliced (optional)

Featured in: FN 711
“Now Serving: Lean Beef!”
www.ag.ndsu.edu/pubs
Recipe courtesy of North Dakota
Beef Commission

Directions:

- In large skillet, brown ground beef over medium heat eight to 10 minutes or until no longer pink, breaking it into ¾-inch crumbles. Remove with slotted spoon; pour off drippings. Season beef with one seasoning packet from noodles; set aside. In same skillet, combine 2 cups water, noodles (broken into several pieces), vegetables, ginger and remaining seasoning packet.* Bring to a boil; reduce heat. Cover; simmer three minutes or until noodles are tender; stirring occasionally. Return beef to skillet; heat through. Stir in green onion before serving.

Makes four servings. Per serving: 350 calories, 7 grams (g) fat, 39 g carbohydrate and 790 mg sodium.

NDSU EXTENSION
SERVICE