

## June's Kitchen



north valley  
food bank

RESCUE. TRANSFORM. NOURISH.

## One Pot Meal Kit:

### Healthy Ramen Noodle Bowl

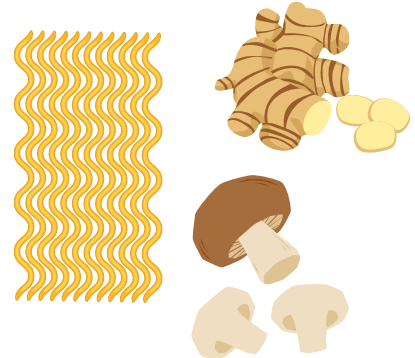
Serves 2



The components for this one pot meal are located throughout the grocery store - the refrigerator, the freezer, dry good shelves, and the front table. Start with the ramen packet and go through the store to find the remaining ingredients! Mix and match. Choose your own adventure and make this noodle bowl your own!

### Find the base for the ramen...

Whole grain ramen noodles (GF) with spices and veggies (ginger, dehydrated carrots and mushrooms, garlic, cilantro, cumin, taco seasoning, chili powder, paprika, s+p) - located at front table



Cashew crusted tofu  
- located in the  
refrigerator

### Any add-ins?

Cooked winter squash and  
Asian greens - located in  
the refrigerator

Can of corn, green  
beans, or kidney  
beans - located on  
dry good shelves

### Make it a party and finish off the soup with some flavor boosters...

Lime wedges - located in the  
refrigerator

Soy sauce - located at front  
table



Liked this meal kit so much and want to make it again? Use any store-bought ramen packet. Just discard the pre-packaged spice kit and add in your own spices for a healthier option that is lower in sodium!

# One Pot Meal Kit: Ramen Noodle Bowl

## **Crock Pot Recipe**

1. In crock pot, add 4 cups of water or broth and turn on high. Add the seasonings, soy sauce, and any canned add-ins. Put on the lid and cook for 1 hour on high.
2. Take off lid and stir in ramen noodles and veggies. Cover and cook for about 5 minutes, or until the noodles are done to your likeness.
3. Pour the ramen soup into a bowl. Top with tofu and a squeeze of lime. Enjoy! Enjoy!

## **Instant Pot Recipe**

1. In instant pot, add 4 cups of water or broth, ramen noodles, seasonings, soy sauce, any canned add-ins, and veggies.
2. Put on the lid and set for high pressure for 1 minute. When the cook time is complete, quick release the pressure. Carefully remove the lid, then toss the ramen noodles with a fork to loosen them and mix them together with the broth.
3. Pour the ramen soup into a bowl. Top with tofu and a squeeze of lime. Enjoy!

## **Stove Top Recipe**

1. On stove top in 6 quart pot, add 4 cups of water or broth, ramen noodles, seasonings, soy sauce, and any canned add-ins. Bring to a boil, set to simmer and cook for 4 minutes until desired tenderness.
2. Stir in veggies. Continue to cook until soup reaches 165 degrees.
3. Pour the ramen soup into a bowl. Top with tofu and a squeeze of lime. Enjoy!