

Nutrition Facts (Serving size 1½ cups): Calories–240; Protein–14g; Carbohydrate–22g; Total Fat–11g; Saturated Fat–4.0g; Cholesterol–30mg; Fiber–3g; Sodium–394mg; Vitamin C–20%; Vitamin A–2%; Iron–15%; Calcium–6%

1. In a large skillet over medium-high heat, brown ground beef and cook until no longer pink. Drain fat. Remove beef from skillet and set aside.
2. Add the ginger and garlic to the skillet and cook for 10 seconds. Add water, noodles, and one seasoning packet from the ramen noodle packages (discard other seasoning packet or save for another use). Bring to a boil over high heat.
3. Add frozen vegetables, cooked beef, and green onions, reduce heat to medium, and cook until the mixture returns to a boil. Remove from heat and serve.



Directions
 Prep time: 10 minutes | Cook time: 15 minutes | Number of servings: 5

Asian Beef and Noodles

- ½ pound lean ground beef
- 1 tablespoon fresh ginger OR ¼ teaspoon ground ginger
- 2 cloves garlic, minced OR ¼ teaspoon garlic powder
- 2 cups water
- 2 packages Oriental Flavor instant ramen-style noodles, broken into small pieces
- 16 ounces frozen Asian-style vegetables or any other frozen vegetables
- 2 green onions, thinly sliced

KID-TESTED FRUITS & VEGGIES

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Cook Together! Making Beef & Noodles with Kids

These noodles are a hit with kids. Adding protein and vegetables provides much healthier and tastier choices than the noodle packet alone.

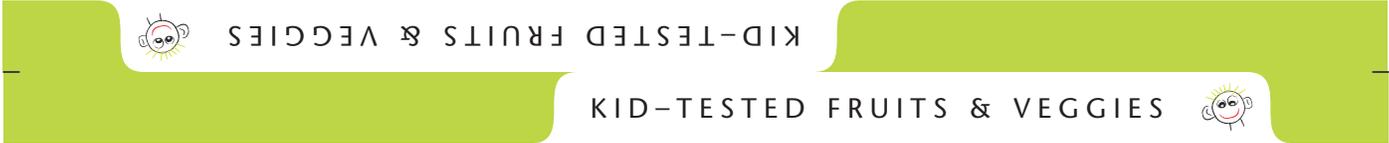
Easy Tasks: Gather ingredients and equipment. Break noodles into smaller pieces. Open packages. Measure ingredients. Turn burner on and off.

Intermediate Tasks: Add seasonings and water to pan. Brown, drain, and remove meat from pan. Add vegetables, noodles, and meat to boiling water. Remove from heat and serve.

Difficult Tasks:

Food \$ense Tip

- Frozen vegetables are easy to use, and are just as nutritious as fresh vegetables!



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