

## Ramen noodle skillet



Recipe credit

Adapted from [Iowa State University Extension and Outreach's Ramen Noodle Skillet](#)

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### **About this recipe**

Serves

4

Serving size

1 3/4 cup

Time to make

10 minutes preparation; 20 minutes cook time

Special criteria

## Ingredients

- 2 teaspoons vegetable oil
- 1 cup onion, chopped (about 1 medium onion)
- 1 carrot, chopped or sliced into small pieces
- 2 cups frozen broccoli stir fry vegetable mixture
- 2 cups cooked meat or poultry, cut into bite-sized pieces
- 1 3 ounce-package instant ramen noodles, broken into pieces
- 1 cup water

## Directions

1. Heat oil in a large skillet. Add onion and carrots and sauté until soft (about 5 minutes).
2. Add the broccoli and meat to the skillet. Stir and heat (about 2-3 minutes).
3. Add the noodle seasonings and water to the skillet and stir.
4. Add broken noodles to the skillet when the water simmers. Stir to moisten the noodles. Cover the skillet and cook until done (about 2 minutes). Serve immediately.

## Tips and variations

- Speed up this recipe by using leftover meat and vegetables.
- Substitute 1 pound ground beef or turkey to yield two cups of meat. Cook the meat before using.
- This is a great recipe to involve kids involved in the kitchen. Older kids can help chop vegetables. Younger kids can help chop meat and break apart the noodles.

## Nutritional info

Calories

279

Total fat

8 g

Saturated fat

3 g

Cholesterol

60 mg

Sodium

469 mg

Total carbohydrates

23 g

Dietary fiber

4 g

Protein

28 g

Total sugar

4 g

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