



**Garlic
Butter
Noodles**

w/ *Melisa*

a
TIY
handout



**Relatively
Easy
Ramen**

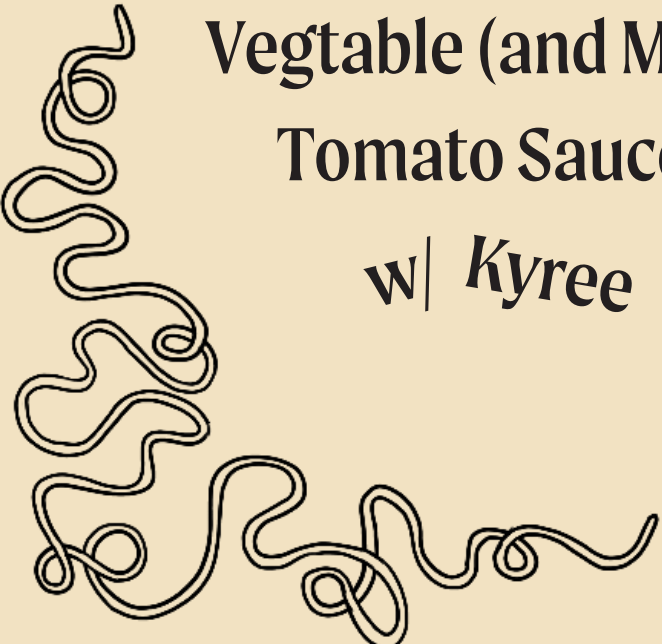
w/ *Jayce*



Noodles

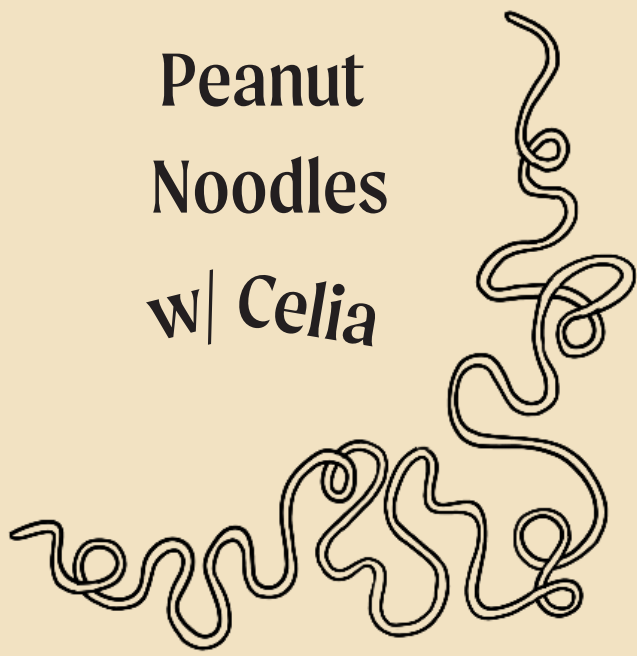


FOUR WAYS



**Vegetable (and Meat)
Tomato Sauce**

w/ *Kyree*



**Peanut
Noodles**

w/ *Celia*



Garlic Butter Noodles

Prep time: 3 mins // Cook time: 10 mins //

Servings: 1-2 people



Recipe & Steps

Ingredients

noodles

butter

garlic cloves/powder

Optional Toppings

black pepper

paprika

Tools & Materials

pot

pan

cutting board

knife**

cutting board**

1. boil water in a pot and add salt
2. cook noodles according to package preference
3. mince garlic*
4. butter pan and add noodles
5. season (garlic powder, black pepper, etc.)*
6. enjoy!

**can be substituted*

***optional*



Jayce's Relatively Easy Ramen

Prep Time: 5-10 minutes // Cook Time: 25-35 minutes
Servings: 2-3



Ingredients

2 tsp **sesame oil** or **vegetable oil**

2 packages of **instant ramen***
(3oz) or **any type of ramen noodles**, *seasoning packets thrown away*

2 tsp **sesame oil** or **vegetable oil**

3-4 **cloves of garlic**, minced

½ **yellow onion**, diced

4 tbsp **soy sauce**

3-4 cups of **chicken broth/stock***
or **vegetable broth/stock**

1 cup of **water** (*depending on amount of broth/stock used*)

salt to taste

chili pepper flakes**

1-2 tsp **ginger**, minced/grated/
ground**

1 tbsp **oyster sauce**** (*not vegetarian, not sure about substitute*)

1-2 tbsp **mirin** or **rice vinegar****

Optional Toppings**

4 or however many **eggs**, **soft-boiled**

white or **shiitake mushrooms**,
sliced

chicken thighs, **bone-in**** (*any cut can work, bone-in/boneless*)

sweet corn

green onion/scallion, chopped

Recipe & Steps

For the Broth:

1. Heat up your **oil** in the pot over medium heat.
2. Once heated, add in the **onion** first, letting it cook for a minute or two before adding in your **garlic** and **ginger****. Let them both cook for about 2-3 minutes or until they're softened and fragrant.
3. Add the **soy sauce** and **mirin/rice vinegar** to the pot. Let it simmer for a bit. This is when I also like to add in my **mushrooms**. Stir to combine the ingredients and cook for about one more minute.
4. Add the **broth/stock**, **water**, and **oyster sauce**** to the pot. Stir to combine the ingredients, cover your pot with the lid and bring the broth to a boil for about 5 minutes.
5. Remove the lid and let the broth simmer uncovered for about 10-15 minutes. This is when I add in some **chili pepper flakes** to add in some spice.

For adding in the Chicken:

1. Depending on your cut of chicken, you can cook the whole thing in the broth or cut the chicken into pieces beforehand.
2. As the broth is simmering, add in your **chicken**. Cover the lid and let the chicken cook in the simmering broth.
 - *Depending on your cut of chicken it may be a shorter or longer amount of time.*
 - *I tend to use thighs and I give about 35-45 minutes or until fully cooked, flipping it maybe once if needed. I recommend using a meat thermometer (if you have one) to check if it's cooked internally or referring back to google if needed. :')*
3. If chicken is not pre-cut, remove the cooked chicken from the broth and shred it. I personally place the shredded chicken back into the broth afterwards.

* *can be substituted*

** *optional*



Jayce's Relatively Easy Ramen

Prep Time: 5-10 minutes // Cook Time: 25-35 minutes

Servings: 2-3



Tools & Materials

medium/large sized pot

cutting board

knives

ladle

spatula

Recipe & Steps

For the Eggs, soft boiled:

1. Add water to a saucepan, enough to cover the number of eggs you're using and bring it to a boil.
2. Once the water has reached a boil, add in your eggs. Set a timer for 7-8 minutes and let them boil for that amount of time.
3. While the eggs are boiling, set aside a separate bowl of ice and water. Once the timer goes off, remove the eggs from the saucepan and directly into the bowl of ice water to stop them from cooking.
4. Set aside until you're ready to peel them.

For the Ramen noodles:

1. Depending on what ramen noodles you use, follow the instructions on the packaging.

To Assemble:

1. Divide and add the ramen noodles into your bowl(s).
2. Add the **ramen broth** with the **shredded chicken**** and **mushrooms** into your bowl(s), and top it off with **chopped green onions/scallions**, soft boiled **eggs**, or any other toppings of choice.
3. Enjoy!

** can be substituted*

*** optional*



Vegetable (and Meat)

Tomato Sauce

Prep time: 10-25 minutes // Cook time: 45-90 minutes
Servings: 6-8



Ingredients

3 tbsp **extra-virgin olive oil**
2 cans **crushed tomatoes**
(28oz)
1 **yellow onion**
5 **medium cloves of garlic**,
minced
2 tbsp **thinly sliced fresh/dry**
basil
1 tbsp **minced fresh/dry**
oregano
salt and **pepper** to taste
2 **carrots**
1 **red bell pepper**
1 **green bell pepper**

Optional Ingredients

1 **chopped zucchini**
1 **chopped yellow squash**
1 lb of **80/20** or **85/15** **lean/fat**
ground beef

Tools & Materials

large spoon
cutting board
knife
deep pan or smaller pot
peeler**
blender/immersion blender**
medium pan**

Recipe & Steps

1. Chop vegetables (**peppers**, **onion**, **zucchini****, and **squash****) to preferred size
For a chunky sauce, dice vegetables
For a smooth sauce** (requires a blender), chop vegetables
2. Cut **carrots** according to sauce you're making (**peel them if you prefer)
For a chunky sauce, grate them
For a smooth sauce**, chop them
3. In a saucepan, heat **olive oil** over medium heat
4. Add the **onions** and **peppers** over medium high heat and cook for 20-25 minutes or until tender
You don't want any char/burning on the vegetables.
If you notice any, lower the heat ASAP!
5. Add the **crushed tomatoes**, **oregano**, and **basil**, and bring to a boil, then reduce heat to a simmer.
6. Add **salt** and **pepper** to taste
7. ** In a separate pan, add chopped **zucchini**** and **squash**** and saute over medium high heat. Cook for about 15-20 until softened
8. ** **Salt** and **pepper** to taste, then add sauteed **squash**** and **zucchini**** to the rest of the pasta sauce
9. Allow pasta to simmer
For a chunky sauce, allow to simmer for 1-1.5 hours
For a smooth sauce**, allow to simmer for 20-25 minutes, then use a normal blender or immersion blender to blend sauce together

**For the meat:

1. Place the **ground beef** in a separate saucepan over medium high heat.
2. Use spatula to break apart into smaller chunks, and cook for about 8 to 10 minutes, or until no pink remains.
3. **Salt** and **pepper** to taste
4. Add **ground beef** to finished pasta sauce and stir together



Celia's Peanut Noodles

Prep time: 10-15 minutes // **Cook time:** 10 minutes //
Servings: 3-4 people



Recipe & Steps

Ingredients

1 whole pack of **Soba noodles**, or **noodles** of choice
½ cup **creamy peanut butter**
¼ cup to ½ cup **water** (depending on how thick/thin you want the sauce)
2 tablespoons **coconut milk**
1 or ½ of one large **lime**
4 cloves of **garlic**
2 teaspoons/big splash of **soy sauce**

Optional Toppings

Green onions/scallion
Sesame seeds
Sriracha
Chicken, tofu
Peanuts
Sesame oil

Tools & Materials

knife
can opener
cutting board
pot, lid
fork
medium sized bowl
1/4 and/or 1/2 measuring cup
teaspoon, tablespoon

For the noodles:

1. Follow cooking instructions on the packaging for recommended noodle cook time. Most should take around 5-10 minutes to cook in boiling water.

For the sauce:

1. Mince 4 cloves of garlic and cut 1 lime in half. Mix ½ cup creamy peanut butter, 2 tablespoons coconut milk, ¼ cup water, and a big splash of soy sauce together.

2. Mix with a fork or whisk until the consistency is loose enough you could spoon it over the noodles like a dressing. If too thick, you can add another ¼ cup water to the mix. Add minced garlic, and ½ lime (or 1 whole lime if it's small or less juicy). Mix all ingredients until fully incorporated.

3. Dress the noodles with the sauce until coated, mixing on a plate or in a serving bowl.

Add additional toppings as desired.