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|  | **Ingredients** | **Step** |
| Asian Beef and Noodles | 1⁄2 pound  lean **ground beef** (15% fat)  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  1 Tablespoon  **fresh ginger** or 1/4 teaspoon ground ginger  2 cloves  **garlic**, minced, or 1/2 teaspoon garlic powder | 1. In a large skillet over medium-high heat (350 degrees in an electric skillet), brown ground beef and cook until no longer pink. Drain fat. 2. Add 2 cups of water and **ONE** seasoning packet to cooked beef and mix well. 3. Add frozen vegetables, green onion, ginger, and garlic and bring to a boil over high heat. 4. Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until vegetables are tender, stirring occasionally. 5. Refrigerate leftovers within 2 hours. |