



EASY GOURMET RAMEN

Ingredients:

- 1 Tbsp olive oil
- 6 cloves garlic, minced
- 1 (16 oz) bag frozen deluxe stir-fry mix
(broccoli, green beans, carrots, baby corn, water chestnuts & red peppers)
- 1 (8oz) carton fresh sliced mushrooms
- 2 (32 oz) containers unsalted chicken broth
- 1 Tbsp honey
- 1 Tbsp chili paste
- 3 packages ramen noodles (any flavor- seasoning discarded)
- 1/4 cup chopped cilantro
- 6 large hard-boiled eggs, peeled

20 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size 1/6th recipe (532g)	
Amount per serving	360
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 330mg	14%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 19g	
Vitamin D 1mcg	6%
Calcium 69mg	6%
Iron 3mg	15%
Potassium 687mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparation:

1. In a large stockpot, heat oil & garlic over medium-high. Add stir-fry mix & mushrooms. Sauté 5-7 minutes or until tender, stirring often.
2. Add broth, honey & chili paste. Bring to a boil. Add ramen & cook 3 minutes, stirring occasionally.
3. Remove from heat & stir in cilantro.
4. Divide into bowls & serve with a boiled egg.

