



Homemade Top Ramen

Fast and healthy Top Ramen

Revamp processed Top Ramen to taste fresher and healthier than ever!

Ingredients

- 1 TBSP sesame oil
- 1 clove garlic
- 2 tsp ginger roots, fresh
- 4 cups chicken broth, low sodium
- 4 cup water
- 1 cup sliced mushrooms
- 2 packages ramen noodles
- 1/4 cup green onions, chopped
- 2 cups kale
- 2 medium carrots

Directions

Heat sesame oil in a large wok over medium heat. Mince garlic and grate fresh ginger. Add to hot oil. Stir fry for 1-2 minutes, stirring continually. Carefully add broth and water. Bring to a boil, reduce heat and simmer.

Slice mushrooms (or dice if preferred) and simmer for 10 minutes allowing to soften.

Add noodles (do not use flavor packets) and cook until softened; 5-6 minutes. Add chopped chives and remove from heat.

Chop kale and grate carrots. Add to noodles, cover , and let rest for 3-4 minutes, until kale softens. Serve warm.



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Resources: www.superhealthykids.com



