# Asian Beef and Noodles

*This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.*

## Ingredients:

1 pound lean **ground beef**
2 (3-ounce) packages Oriental flavor instant **ramen-style noodles**, broken into small pieces
2 cups **water**
1 (16-ounce) bag frozen **Asian-style vegetables**, or 1 pound assorted fresh vegetables
1 **green onion**, thinly sliced
1 tablespoon **fresh ginger** or 1/4 teaspoon ground ginger
2 cloves **garlic**, minced or 1/4 teaspoon garlic powder

## Directions:

1. In a large skillet over medium-high heat brown ground beef and cook until no longer pink. Drain fat.
2. Add 2 cups of water and seasoning packets from ramen noodles 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 2-3 hours.

## Nutrition Facts

Serving Size 1 cup (249g)
Servings Per Container 6

**Amount Per Serving**

| | |
|---|---|
| **Calories** 210 | Calories from Fat 60 |
| | **% Daily Value*** |
| **Total Fat** 6g | **9%** |
| Saturated Fat 2.5g | **13%** |
| Trans Fat 0g | |
| **Cholesterol** 40mg | **13%** |
| **Sodium** 600mg | **25%** |
| **Total Carbohydrate** 19g | **6%** |
| Dietary Fiber 1g | **4%** |
| Sugars 3g | |
| **Protein** 18g | |

Vitamin A 10% • Vitamin C 15%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

6 servings, 1 cup each

## Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at http://www.healthyrecipes.oregonstate.edu

© 2006 Oregon State University. Partial funding for the Oregon Family Nutrition Program is made available through the Oregon Department of Human Services from the USDA Food and Nutrition Service. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer. Materials will be made available in large print, Braille, on audiotape, computer disk, verbally, or other formats upon request. Please contact OSU Extension. To find out if you are eligible for Food Stamps, call 1-800-SAFENET.