

101 *more* THINGS To Do WITH RAMEN NOODLES



More twirly-whirly ramen
noodle fun with soups, salads,
vegetables, meats, and desserts.

Ricotta Frittata
Spicy Shrimp and Noodle Soup
Oriental Salad
Tuna Ramen Casserole
Caramel Ramen
And more!

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Cookbook

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101 MORE THINGS TO DO WITH RAMEN NOODLES

PATRICK



101 *MORE* Things[®] To Do With Ramen Noodles

BY
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BROCCOLI SLAW

2/3 cup	vegetable oil
1/3 cup	white vinegar
1/4 cup	sugar
1 package	chicken ramen noodles , crushed and with seasoning packet
1 package (16 ounces)	broccoli coleslaw
2 bunches	green onions , thinly sliced
3/4 cup	dried cranberries
1/2 cup	sliced almonds
1/2 cup	sunflower seeds

In a small bowl, combine oil, vinegar, sugar, and seasoning packet to make the dressing. Mix until sugar dissolves and chill for at least 30 minutes.

Combine broccoli coleslaw, onions, and cranberries in a large bowl.

In a medium bowl, combine the almonds, noodles, and sunflower seeds. When ready to serve, combine all ingredients together and toss. Makes 6 servings.

ORIENTAL CHICKEN SALAD

3/4 cup plus 3 tablespoons	vegetable oil , divided
4 1/2 tablespoons	seasoned rice vinegar
4 1/2 tablespoons	sugar
2 packages	oriental ramen noodles , finely crushed and with seasoning packets
1 cup	slivered almonds
1 head	cabbage , shredded
1 bunch	green onions , finely chopped
2 cups	cooked and diced chicken breasts
3 tablespoons	sunflower seeds

In a small bowl, mix 3/4 cup oil, vinegar, sugar, and 1 seasoning packet to make the dressing.

In a medium frying pan, add remaining oil and noodles. Cook over medium heat until lightly brown. Add almonds and continue to cook until almonds are toasted. Remove from pan and set aside.

Combine cabbage, onions, chicken, and sunflower seeds in a large bowl. Add the noodle mixture and toss. Add dressing and toss to coat. Makes 6 servings.

BROCCOLI AND HAM CASSEROLE

4 cups **water**
2 packages **chicken ramen noodles**, with
seasoning packets
2 large heads **broccoli**, cut into bite-size pieces
2 cups **plain yogurt**
4 **eggs**
1 package (12 ounces) **mushrooms**, washed and sliced
2 cups **cooked diced ham**
2 cups **grated mild cheddar cheese**
1 **medium onion**, diced

Preheat oven to 350 degrees. Prepare a 12 x 17-inch casserole dish with nonstick cooking spray.

In a medium saucepan, bring water to a boil. Add noodles and cook for 3 minutes; drain.

In a large microwave-safe bowl, add the broccoli and fill with water until broccoli is completely covered. Microwave on high for 6 minutes; drain.

In a large bowl, combine the yogurt, eggs, and seasoning packets; mix thoroughly. Add the broccoli, mushrooms, ham, cheese, onion, and noodles then toss together to evenly coat. Pour into prepared dish and bake for 1 hour, or until center is bubbly. Allow to set for 15 minutes before serving. Makes 6–8 servings.

TUNA RAMEN CASSEROLE

1/2 cup **butter or margarine**, divided
1 cup **onion**, diced and divided
1 1/2 cups **stuffing mix**
1 cup **milk**
1 cup **chicken broth**
1 tablespoon **dry mustard**
2 packages **any flavor ramen noodles**, with
seasoning packets
1 cup **grated cheddar cheese**
4 slices **American cheese**
2 cans (6 ounces each) **tuna**, drained and flaked

Preheat oven to 375 degrees.

Add 6 tablespoons butter to a large frying pan. Over low heat, melt the butter and saute 3/4 cup onion. Cook for about 5 minutes, or until onion becomes translucent. Add stuffing to pan and toss to coat; set aside.

Combine the milk, broth, remaining butter, dry mustard, and seasoning packets in a medium saucepan and heat over low heat until hot, not boiling. Add the cheeses and remaining onion. Continue to cook on low heat until cheese melts. Break noodle packages in half and add to milk and broth mixture. Cook noodles until they separate easily. Add tuna and mix well. Pour tuna noodle mixture into a 9 x 13-inch casserole dish that has been prepared with nonstick cooking spray and sprinkle stuffing mixture over top. Bake for 30 minutes. Makes 4–6 servings.

MEATBALLS AND PINEAPPLE RAMEN

4 cups **water**
2 packages **beef ramen noodles**, with
seasoning packets
1/2 pound **ground beef**
2 teaspoons **garlic powder**
1/3 cup **vegetable oil**
1 can (8 ounces) **pineapple chunks**, drained
1 **red bell pepper**, sliced

In a large saucepan, bring water to a boil. Add noodles and cook for 3 minutes; drain and set aside.

In a medium bowl, mix the ground beef, seasoning packets, and garlic powder. Form into small meatballs.

In a large frying pan, heat oil over medium heat. Add the meatballs and brown on all sides. Reduce the heat and allow to simmer for 10 minutes. Add pineapple and bell pepper and continue to cook for 5 minutes more. Add noodles to pan; toss and serve. Makes 4–6 servings.

RAMEN ROLLED STEAK

1 1/2 pounds **flank steaks**
1 package **beef ramen noodles**, crushed,
with seasoning packet
pepper, to taste
1 **egg**
1 tablespoon **water**
1 tablespoon **flour**
2 tablespoons **steak sauce**

Preheat oven to 350 degrees.

Pound 2 long pieces of flank steak on a board. Sprinkle seasoning packet and pepper on both sides of the steaks and rub in.

In separate bowl, beat the egg and water. Whisk in flour until there are no lumps. Spread the mixture on one side of each of the pounded steaks. Sprinkle evenly with the crushed noodles. Roll up and pin with at least 4 toothpicks in each roll.

Place each roll in a mini loaf pan or place rolls in a baking dish that has been prepared with nonstick cooking spray. Bake for 30–35 minutes, uncovered. Rub rolled steak with steak sauce. Bake for 10 minutes more. Let cool for about 10 minutes before cutting. Slice between toothpicks and serve. Makes 6–8 servings.

YATSOBI

1 pound **lean ground beef**
6 slices **bacon**
1 **medium red onion**, diced
3 tablespoons **minced garlic**
3 tablespoons **soy sauce**
3 **carrots**, cut into thin strips
1 **medium cabbage**, chopped
1 **red bell pepper**, diced
4 cups **water**
2 packages **any flavor ramen noodles**
splash **olive oil**
3 cups **bean sprouts**

In a large frying pan, brown the ground beef; drain and set aside.

In the same pan, fry the bacon until crispy; drain on paper towels and reserve 2 tablespoons of the bacon fat. Stir the onion and garlic into the fat and cook for 3–4 minutes or until onions are soft. Add the soy sauce and carrots and cook for 2–3 minutes. Add cabbage and bell pepper and stir-fry on medium heat for 5–6 minutes, or until vegetables are tender-crisp. Add ground beef and bacon to the vegetable mixture and cook on medium heat for 2–3 minutes, or until meat is heated through.

In a large saucepan, bring water to a boil. Add noodles and cook for 3 minutes; drain and toss with olive oil to keep from sticking together. Add to meat and vegetable mixture with bean sprouts and cook for 3 minutes, stirring frequently. Makes 4–6 servings.

CROCK-POT BEEF AND NOODLES

2 pounds **beef roast**
14 cups **water**, divided
6 packages **beef ramen noodles**, with seasoning packets
2 **large white onions**, diced

Place roast in a 4-quart crock-pot with 1 cup water on low heat and allow to cook overnight or for 8–9 hours. Shred the meat and add all seasoning packets, onion, and 1 cup water. Allow to cook, on low, another 1–2 hours.

About 15 minutes before serving, bring remaining water to a boil in a large saucepan. Add noodles and cook for 3 minutes. Drain, place in a large serving bowl, and mix in the beef. Makes 10–14 servings.