

200 Ramen Noodle Dishes

Patrick



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Jazz up your noodles!

Everyone loves quick and easy ramen noodles. With a few simple additions from your pantry you can serve up tasty meals in no time!

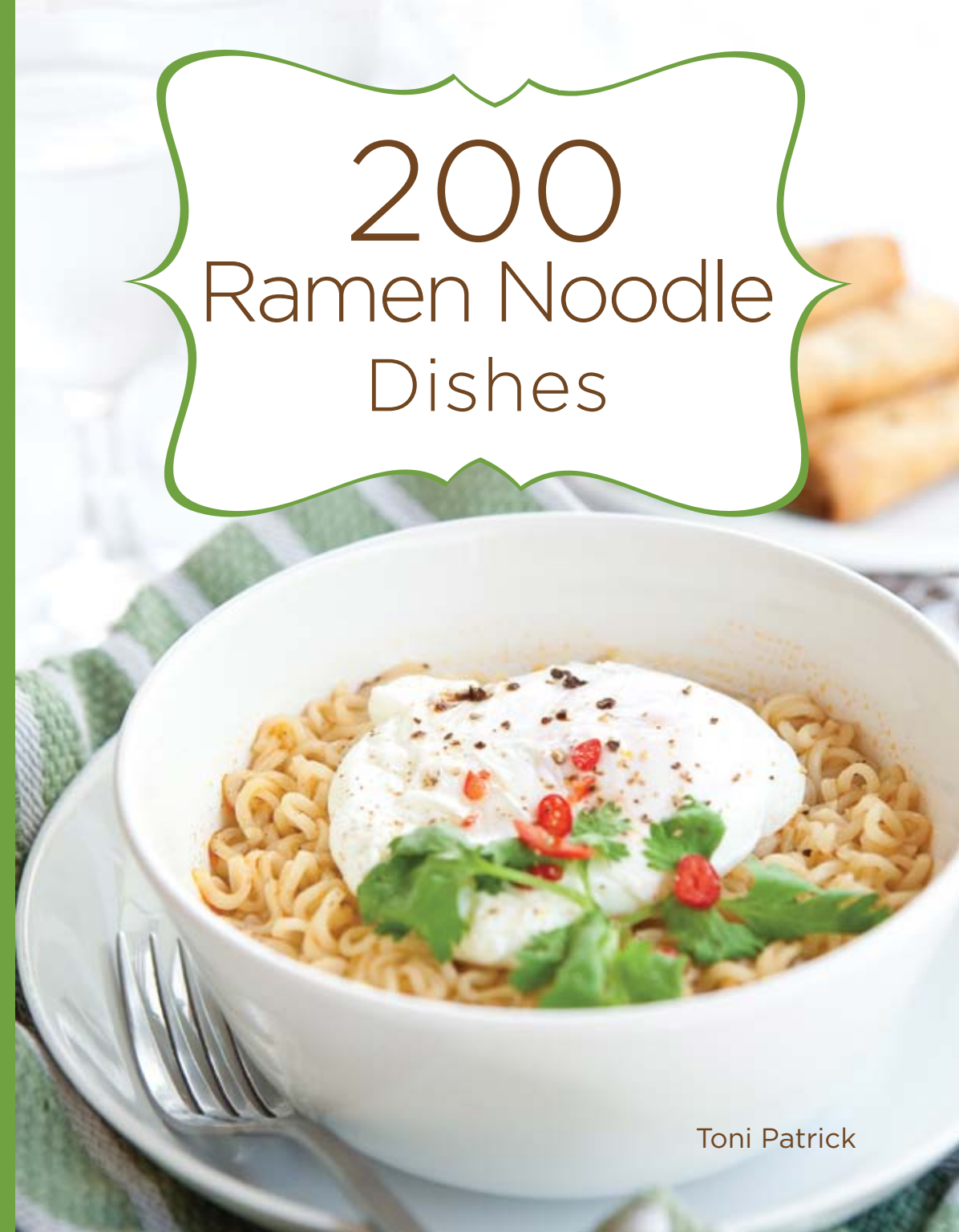
200 Ramen Noodle Dishes is packed with unique recipes for soups, salads, meat and vegetable dishes, and even desserts.

Southwest Vegetable Soup, Asian Chicken Salad, Beef Ramenoff, Broccoli and Ramen Noodles, and Choco-Banana Crunch Cakes are just a few of the simple and satisfying recipes that will fill you up in a jiffy.

Cookbook
\$12.99 U.S.



Toni Patrick



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Summer Garden Soup

Makes 2–4 servings

1/2 cup chopped onion
1 cup julienned zucchini
1/2 cup chopped carrots
1/4 cup butter or margarine
1 teaspoon basil
2 packages beef ramen noodles, with seasoning packets
4 cups water
1 cup green beans
1 cup chopped tomatoes

In a large frying pan, cook onion, zucchini, and carrots in butter and basil over medium heat until vegetables are tender. In a large saucepan, combine cooked vegetables, noodles, water, green beans, tomatoes, and seasoning packets. Bring to boil and simmer 5 minutes.

Southwest Vegetable Soup

Makes 2 servings

1 (10.75-ounce) can tomato soup, condensed
1 cup water
1 (10-ounce) can enchilada sauce
1/2 cup corn
1/2 cup green beans
1/2 cup canned kidney beans, rinsed and drained
1/2 cup salsa
1/2 cup chopped cooked chicken
1 package ramen noodles, any flavor, crumbled
Tortilla chips
Monterey Jack cheese, grated

In a large saucepan, combine tomato soup, water, and enchilada sauce. Cook over medium heat until hot. Add vegetables, salsa, and chicken. Simmer 15 minutes. Add crumbled noodles and simmer 3–5 minutes more. Serve topped with chips and cheese.

Tofu Salad

Makes 4–6 servings

2 cups cubed tofu
2 tablespoons soy sauce
¼ teaspoon garlic powder
¼ teaspoon onion powder
2 tablespoons sugar
3 tablespoons white vinegar
⅛ cup, plus 1 tablespoon sesame oil, divided
⅛ cup olive oil
1 package ramen noodles, any flavor, crushed
3 tablespoons sesame seeds
¼ cup slivered almonds
4 green onions, thinly sliced
1 red bell pepper, diced
½ head cabbage, shredded

Preheat the oven to 350 degrees.

Place tofu on several paper towels, cover with another paper towel, and press to remove liquid.

In a small bowl, whisk the soy sauce, garlic powder, onion powder, sugar, vinegar, ⅛ cup sesame oil, and olive oil. Place in a ziplock bag and add tofu. Flip to distribute marinade. Allow to sit 5 minutes, shaking regularly.

In a small bowl, add crushed noodles, sesame seeds, almonds, and remaining sesame oil; toss to coat. Spread the mixture onto a baking sheet and bake for 10 minutes. Stir and bake 5 minutes more, or until the noodles are golden brown. Allow to cool completely.

In a large bowl, combine the onions, bell pepper, and cabbage. Add toasted mixture and tofu with marinade; toss to coat.

Oriental Salad

Makes 8–10 servings

½ cup oil
¼ cup apple cider vinegar
2 tablespoons sugar
2 packages oriental ramen noodles, crushed with seasoning packets
⅓ cup sliced almonds
¼ cup sesame seeds
2 tablespoons butter or margarine, melted
1 head green cabbage, shredded
1 red bell pepper, thinly sliced
1 orange bell pepper, thinly sliced
1 cup snow peas
4 green onions, thinly sliced

In a medium bowl, whisk the oil, vinegar, sugar, and 1 seasoning packet to make dressing; set aside.

In a medium bowl, combine almonds, sesame seeds, noodles, and butter; toss to coat. Transfer to a frying pan and cook over medium heat until almonds are toasted. Do not burn. Remove from pan and set aside.

In a large bowl, combine the cabbage, bell peppers, snow peas, and onions; toss. Just before serving, combine the toasted mixture with the cabbage and toss. Pour the dressing over salad and toss to coat.