



**75 WAYS  
TO TURN A  
BLOCK OF  
NOODLES  
INTO A  
DELICIOUS  
DISH!**

\$16.99 U.S.

ISBN 978-1-4236-3807-0  
5 1699



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**I Love RAMEN**

**TONI PATRICK**



**GIBBS  
SMITH**

**I**  
**Love**  
**RAMEN**

**TONI PATRICK**





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# CHICKEN FAJITA RAMEN SALAD

*Makes 6-8 servings*

- 1 package spicy ramen noodles, crushed and with seasoning packet**
- 2 boneless chicken breasts**
- 3 tablespoons vegetable oil, divided**
- 1 small onion, sliced**
- 1 small red bell pepper, sliced**
- 1 small green bell pepper, sliced**
- 1 large tomato, diced**
- 2 limes, juiced**
- 1 teaspoon dried cilantro**
- 2 tablespoons soy sauce**
- 1/2 tablespoon cayenne pepper**
- 1 teaspoon sugar**

Lightly sprinkle seasoning packet on both sides of chicken breasts (using about 1/4 of the packet in all). Place 2 tablespoons oil in a large frying pan over medium heat. Brown each side of chicken breasts, then cover and cook until done. Cut into strips and place in a large bowl. Sauté the onion and bell peppers in the pan until tender. Add to chicken, along with noodles and tomato; toss to mix.

In a small bowl, whisk together the lime juice, cilantro, soy sauce, cayenne pepper, sugar, remaining oil, and remaining seasoning from packet. Drizzle over chicken mixture and toss. Can be served immediately or chilled and served cold.

# STUFFED BELL PEPPERS

*Makes 6 servings*

- 3 green bell peppers**
- 1 (14.5-ounce) can diced tomatoes, divided**
- 1 (8-ounce) can tomato sauce, divided**
- 1 tablespoon olive oil**
- 1 small onion, diced**
- 4 tablespoons minced garlic**
- 1 pound ground beef**
- 1 package beef ramen noodles, finely crushed, and with seasoning packet**
- 1/2 cup grated Monterey Jack cheese**

Preheat oven to 375 degrees.

Cut bell peppers in half, crosswise. Remove seeds and place on paper towels to drain.

In a medium mixing bowl, combine a third of the tomatoes and half the tomato sauce and set aside.

Add the olive oil to a large frying pan. Heat on medium low and add the onion and garlic. Sauté for 4-5 minutes or until soft. Add the beef and seasoning packet, mix well, and continue to cook until beef has browned. Remove from heat. Add the noodles, remaining tomatoes, and remaining tomato sauce; mix well.

Place the bell peppers as bowls in a 9 x 13-inch glass casserole dish and fill with beef mixture. Top with the tomato sauce mixture. Cover with foil and bake for about 1 hour, or until peppers are tender. Uncover and bake 10 minutes more. Sprinkle with cheese and bake for 5 minutes.

