

Vegetarian Ramen Noodle Stir-Fry

INGREDIENTS

15 MINUTES 1-2 SERVINGS

- 2 Ramen packets
- 1/2 to 1 cup of assorted sliced vegetables (e.g., green beans, bell peppers, carrots, broccoli)
- 1/2 to 1 cup of vegetarian protein source (tofu, tempeh, chickpeas, beans, etc.)
- 2-3 tablespoons low sodium Soy sauce
- 1-2 tablespoons Vegetable oil
- Salt (to taste)
- Pepper (to taste)
- Add in any of your favorite veggies to preference!
- Optional: Your Favorite Herb: Cilantro, Basil, etc



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PROCEDURE

1. Cook the ramen noodles according to package instructions. Drain and set aside.
2. In a skillet or pot, heat a small amount of vegetable oil over medium-high heat.
3. Add your chosen vegetarian protein source and cook until it's browned or heated through.
4. Add the canned mixed vegetables and stir-fry for a few minutes until they're heated through.
5. Add the cooked ramen noodles and soy sauce. Toss everything together and cook for an additional 2-3 minutes until heated through.
6. Taste and adjust the seasonings as desired, adding garlic, ginger, hot sauce, or other flavorings.
7. Serve the veggie stir-fry in a bowl. Top with herbs of choice: Cilantro, Basil, etc.



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