

Ginger Beef and Ramen Soup

Serves: 4

Ingredients:

- ✓ 1 pound ground beef, lean
- ✓ ½ teaspoon ground ginger
- ✓ ¼ teaspoon pepper
- ✓ 1 14oz can beef broth
- ✓ 2 cups water
- ✓ 1 package (3oz) beef flavored instant ramen noodles, broken up
- ✓ 3 cups frozen broccoli stir-fry vegetable mixture



Instructions:

1. In large pot, brown ground beef over medium heat until cooked to 165°F (about 8-10 minutes). Drain fat. Add ginger and pepper to cooked beef.
2. Stir in broth, water and ½ seasoning packet from ramen noodles and bring to a boil
3. Stir in noodles and vegetables and return to a boil.
4. Continue cooking 2-3 minutes until noodles are tender.

Recipe from National Cattlemen's Beef Association

Cost of Recipe

1# Ground beef ~\$3.49 Ground ginger ~\$2.15
32oz Beef broth ~\$1.35 1 pkg Ramen ~\$0.21
12oz Stir fry vegetables ~\$1.99
Total Cost of Ingredients: ~\$9.19
Cost per serving: ~\$1.60

Nutrition Facts (per serving)

333 calories • 16 g fat • 20 g carbohydrate • 4 g fiber • 838 mg sodium