

Asian Noodle Bowls

From My Carolina Home

8 ounces of protein (beef, chicken, shrimp, pork)
1 package Ramen noodles in choice of flavor (Oriental, chicken, shrimp)
1 cup fresh mushrooms, sliced or quartered
2 cups water
1-1/2 to 2 cups hearty green vegetable like broccoli, cabbage or snow peas
2 tablespoons chopped green onion
1 tablespoon oyster sauce (optional)

Place the protein in a skillet and sprinkle the flavor packet over the top. Sauté until almost done. Add the mushrooms, and sauté for about a minute, just so they pick up the fond on the skillet a bit. Spread the protein and mushrooms into a ring. Add two cups of water and the ramen noodles. Top with green vegetable, cover and simmer for 3 minutes. If desired, cut up noodles a bit. Add green onions and oyster sauce, stir in and serve. Makes 2 servings.

Low Sodium Version - throw away the packet. Sprinkle the protein with your favorite spices such as lemon pepper or garlic. Add one can of low-sodium broth plus enough water to equal 2 cups instead of just water. Proceed with recipe.



Variations - add a bit of Teriyaki sauce for additional flavor. Add more veggies that would steam quickly like grated carrots, bean sprouts, watercress, bok choy, cauliflower, or water chestnuts.