

# Ramen Soup and Such

## Your Lunches:

**Meal 1:** Shrimp Ramen (Calories: 500)

**Meal 2:** Asian Meatballs (Calories: 570)

**Meal 3:** Shrimp and Slaw Sandwich (Calories: 525)

**Meal 4:** Asian Meatball Sandwich (Calories: 675)

**Meal 5:** Simple Ramen Soup (Calories: 440)

**Meal 6:** Meatball Ramen Pasta (Calories: 520)

## Grocery List:

1. 2 packets of 3 oz. Plain Ramen
2. 16 oz. of lean ground Beef
3. 20 medium shelled Shrimp
4. 2 large Carrots
5. 1 cup Sugar Snap Peas
6. ½ a head of Napa Cabbage
7. 6 Green Onions
8. ½ a head of Broccoli
9. 1 Red Bell Pepper
10. 1 handful of Cilantro
11. 32 oz. Vegetable or Chicken Stock
12. 2 Garlic Cloves
13. 1/3 cup Hoisin Sauce
14. 1 egg
15. 1 Lime
16. 2 small Sandwich Rolls

## In Your Pantry:

1. Salt and Pepper to Taste
2. EV Olive Oil
3. Soy Sauce

4. Rice Wine Vinegar
5. Sesame Oil
6. Ground Ginger

## Cooking Instructions:

1. Preheat the oven to 400 degrees.
2. In a large pot pour the 32 oz. of stock into the pot. Add 16 oz. of water to the pot. Place the pot on a stovetop at high heat and bring to a boil.
3. While the pot comes to a boil prepare the following Asian sauce by mixing the following ingredients in a small bowl:
  - a. 2/3 cup of Hoisin Sauce
  - b. 1/4 cup Rice Wine Vinegar
  - c. 2 tbsp. Soy Sauce
  - d. 1 tsp. Sesame Oil
  - e. 2 tsp. Ground Ginger
4. Prepare the following ingredients while you do the next two steps (5 and 6).  
Gotta love multitasking.
  - a. Peel the carrots and cut one into 1/4 inch medallions and the other into 2-3 inch strips.
  - b. Cut the sugar snap peas into 1-inch pieces
  - c. Cut the cabbage into bite sized 1/4 inch strips
  - d. Dice all the green onions into 1/4 inch pieces
  - e. Cut the broccoli into bite sized florets
  - f. Chop the red pepper into long strips about the size of the carrots.
  - g. Roughly chop all the cilantro
  - h. Mince the garlic cloves
5. Once the water comes to a boil add 2 tbsp. of the sauce from step 3, 1 tbsp. of EV Olive Oil and the uncooked shrimp. Cook the shrimp for 3 minutes or until pink and then remove them from the stock.
6. Once the shrimp are removed add the ramen to the pot. Cook the ramen for the prescribed amount of time and then remove the ramen from the stock and let it rest and cool. Do not pour out the stock!
7. Once all the ingredients from step 4 are prepared add the following ingredients to the pot:
  - a. The carrot medallions
  - b. All the sugar snap peas
  - c. 1/3 of the cabbage
  - d. Half the green onions
  - e. All of the broccoli
  - f. Half of the red pepper
  - g. Half of the cilantro
8. Let the vegetable cook until tender (about 10 minutes).
9. While the vegetable cook prepare the meatballs by mixing the following ingredients:
  - a. All the ground beef
  - b. 1 tsp. Sesame Oil

- c. ½ tsp. Ground Ginger
  - d. 1 egg
  - e. ½ the minced garlic
  - f. ½ of the remaining green onions (1/4 of the original total amount)
  - g. Cilantro to taste
10. Roll the meatballs into small 1-inch balls and place them on a baking sheet (should get about 20 meatballs). Cook for 10-12 minutes or until cooked through and then let them rest and cool down.
  11. While the meatballs are cooking prepare the Asian slaw by mixing the following ingredients in a medium bowl:
    - a. The rest of the cabbage
    - b. The sliced carrot
    - c. The rest of the sliced red pepper
    - d. Cilantro to taste
    - e. The rest of the minced garlic
    - f. Juice of half a lime
    - g. 2 tbsp. Soy Sauce
    - h. 1.5 tbsp. Rice Wine Vinegar
    - i. ½ tbsp. EV Olive Oil
    - j. 1 tsp. Ground Ginger
  12. Toss the meatballs with the rest of the sauce from step 3 and the remaining green onions.
  13. Strain and remove 1/3 of the vegetables from the pot and let them cool down.

Please keep reading for the final portion instructions...

## Portion Instructions:

Each portion should be put into a separate container for the different lunch day and stored in the refrigerator or freezer-please see below for instructions.

### 1. Shrimp Ramen

Take ½ of the stock and vegetables and add 1/3 of the ramen noodles and ½ of the shrimp. Store the soup in the refrigerator until ready to eat. Serve warm.

### 2. Asian Meatballs

Take the vegetables that were put aside in step 13 and place 1/3 of the meatballs on top of the vegetables and store them in the refrigerator. When ready to eat server warm.

### 3. Shrimp and Slaw Sandwich

Store half of the slaw in a container with the remaining shrimp. When ready to eat take one of the sandwich rolls and cut it in half and toast it. Place the shrimp and slaw mixture on the roll. Serve with your favorite Asian hot sauce if desired.

### 4. Asian Meatball Sandwich

Store half of the remaining meatballs (1/3 of the original total) and the rest of the slaw in separate containers. You might need to cut the meatballs in half. When ready to eat cut one of the sandwich rolls in half and toast it with the meatballs on it. Add the chilled slaw on top and enjoy.

### **5. Simple Ramen Soup**

Take the remaining stock and vegetables and add half of the remaining ramen noodles (1/3 of the original total). Store the soup in the refrigerator until ready to eat. Serve warm.

### **6. Roasted Veggie Quesadilla**

Store the quesadilla in the refrigerator. When ready to eat heat up the quesadilla in a skillet or microwave until the cheese melts. Cut the quesadilla into quarters and enjoy with the remaining honey mustard as a dipping sauce.