

# Instant Ramen Stir-Fry

**Makes**  
4 servings

**Prep time**  
15 minutes

**Cook time**  
15 minutes

**Ingredients:**

- 2 packages instant ramen, any brand (discard flavor packets)
- 1/3 cup low-sodium chicken broth
- 2 Tbsp. low-sodium soy sauce
- 1 Tbsp. white vinegar
- 1 tsp. sriracha (optional)
- 1 Tbsp. canola oil
- 1 small yellow onion, diced
- 1/2 lb. ground turkey
- 3 cloves garlic, minced
- 1 Tbsp. fresh ginger, grated
- 2 green onions, thinly sliced

## Nutrition Facts

4 servings per container  
Serving size 1 cup (109g)

Amount per serving  
**Calories** **250**

% Daily Value\*

Total Fat 13g 17%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 660mg 29%

Total Carbohydrate 16g 6%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein 18g**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2mg 10%

Potassium 254mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



# Instant Ramen Stir-Fry

## Directions:

1. In a large pot of boiling water, cook ramen noodles until tender, about 3-4 minutes. Rinse with cold water, drain, and set aside.
2. In a bowl, whisk together chicken broth, soy sauce, vinegar, and sriracha (optional).
3. Heat oil in a large skillet over medium heat. Add onion and ground turkey and cook until turkey is browned, about 4-5 minutes.
4. Stir in garlic and ginger and cook for 1 minute.
5. Add sauce mixture and stir.
6. Add noodles and cook until heated through and evenly coated in sauce, about 1-2 minutes.
7. Garnish with green onions and serve.
8. Refrigerate any leftovers.

