

Ranch Style Ramen

INGREDIENTS

25 MINUTES 4 SERVINGS

- 2 instant ramen packets, discard seasoning packets
- 2 cans of ranch style beans or 1 can of pinto beans (seasoned with onion powder, garlic powder, paprika, cumin, and oregano)
- 1/4 cup low-fat cheese of choice
- Onion powder, to taste
- Garlic powder, to taste
- Pepper and salt, to taste
- 1 can of diced tomatoes, optional



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PROCEDURE

1. Boil water and cook ramen packet according to instructions without using the seasoning packet. Set noodles aside. Reserve pasta water.
2. Heat beans and tomatoes with juice in medium pot on stove. Simmer for about 5 minutes.
3. If you are using lean ground beef, add it into the pot now.
4. Add ramen noodles and use reserved pasta water to achieve your desired liquid consistency.
5. Season to taste.
6. Serve hot and top with low fat cheese of choice.

***NOTE: For a meat option, sub a can of beans for cooked lean ground beef.**

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