# Ramen Cookbook

*Quick and easy 100+ Ramen Recipes to prepare at home, step by step explained, using the Traditional Toppings and Flavors*

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# Introduction

Ramen originated as a Chinese dish that was adopted by Japan then further integrated into American culture. It was first brought to Japan by Chinese immigrants during the late 19th century and has since come a long way from its humble origins.

Today, ramen is a well-known entity and if you haven’t eaten Ramen you have almost certainly heard of the dish. In Japan, it could be said that ramen is much like the American hamburger, as it is convenient, inexpensive, and widely accessible. Just like almost anything though, the quality of ramen can vary depending on where you are. In the U.S. things are a little bit different. The accessibility of ramen is still there, however, the quality is often not as impressive unless you live in a dense city where those who specialize in the cooking and preparation of ramen primarily exist. Outside of these speciality chefs, one is usually left with only popular instant ramen substitutes.

Once again, while far reaching, these instant ramen substitutes offer only a small reflection of the rich and complex flavors offered by more traditional and fresh ramen recipes. Not only that, but the nutritional benefits of ramen are often lost in the preparation of easy instant ramen. Some researchers have concluded that consuming instant ramen more than once or twice a week can increase the risk of developing diabetes, heart disease and/or stroke. This is bad news for the average struggling college student.

There is, however, an alternative. Homemade ramen is, more nutritious, healthier, tastes better, and can be an easy and enjoyable experience both in its creation and consumption. It is also a very versatile dish, being able to be changed and used in any way the creator desires. You can still have the ease of using instant noodles, but with just a bit more effort you can upgrade your experience.

This book will give you the recipes needed to make ramen your own. It will go over the bases for the different broths you can use, the noodle types, toppings, and of course, easy and straightforward recipes that will almost certainly become staples in your weekly meal planning, ranging from the quick, the easy and the quick and easy.

# Chapter 1: Toppings

Toppings

Ramen is a fun dish. Part of its appeal is the amount of toppings that can add to the experience. Here is a small list of ramen toppings, but the possibilities are actually endless. Experiment with different combinations and visit asian grocery stores to find more specialized ingredients.

* Bean Sprouts: High in fiber, fatty acids, antioxidants and vitamin A, these ancient sprouts can be eaten frozen fresh or canned.
* Black Garlic Oil: Is a black oil that is rich in amino acids and allicin. It has double the antioxidants of its white garlic counterpart.
* Carrots: typically prepared in many different ways, this vegetable is actually a colored root and is full of vitamins, like vitamin A from beta-carotene, vitamin K and B6.
* Eggs: A very versatile protein which can easily be incorporated into any ramen dish. Great soft boiled but can also be broken right into the cooking soup.
* Fancy Tubesteaks: another way to say sausage. Typically a Japanese reference.
* Fermented Red Pepper Paste: Also referred to as Gochujang, it adds depth, flavor and spice to dishes. Particularly use in Korean cooking.
* Fried Onions: Crispy onion pieces. Can be bought pre made, or made at home.
* Fried String Potatoes: A crunchy potato option of thinly sliced pieces.
* Furikake: a special Japanese seasoning that is added to the top of cooked foods. Usually has a mix in it of sugar, salt, dried fish, sesame seeds, chopped seaweed, and MSG.
* Garlic Chips: thinly cut potato pieces flavored with garlic and deep fried or bakes.
* Ginger: an old cure all and anti-inflammatory food that adds pungent flavor to meats, veggies, and soups.
* Green Onion: a young onion that has a milder flavor than mature onions yet a little stronger than chives. Can be cooked or served raw.
* Hot Sauce: a spicy sauce, usually a blend of peppers and other ingredients.
* Japanese Fish Cake: processed seafood that’s formed into loaves with distinctive patterns. Made with white fish.
* Kimchi: a fermented vegetable dish often made of a combination of cabbage, radish, onion, garlic, other veggies and seasoned. Has an abundance of vitamin A,B , and c, as well as, healthy bacteria.
* Miso Butter: miso is japanese seasoning made with fermented soybeans and koji. It becomes Miso Butter when combined with butter.
* Miso Paste: a thick paste made from fermented soybeans that is packed with umami flavor.
* Mushrooms: a fungal growth that comes in many varieties and is typically prepares in many different ways as well.
* Parsley: a flowering plant that is typically broken up and used to dress finished dishes. It adds balance to savory dishes. Can be used to reduce cancer risks, improve digestive tract and immune functions and reduce inflammation.
* Pickled Ginger: called amau shoga or gari in Japan, it is the fermented version of regular ginger.
* Pork Belly: not actually the stomach, but it is meat that runs along the underside of the pig. It has a lot of fat content that is very decadent and tender.
* Red Pepper Flakes: a seasoning comprised of dried red chilies that are crushed.
* Roasted Garlic Butter: butter infused with roasted garlic, adding a rich and savory flavor to any dish.
* Rotisserie Chicken: often found in most major grocery stores, this is a simple way to add flavor and protein to a dish without much extra effort.
* Scallions: actually just another name for green onions
* Seasoned Bamboo Shoots: also called menma, is a topping made from fermented bamboo shoots. They can be eaten alone but are often use as crunchy toppings.
* Seaweed: often referred to as roasted Nori, is a salty snack or topping that had high levels of calcium,and vitamins A and C.
* Spinach: a leafy vegetable that can easily be incorporated into nearly any dish. It provides vitamins A, C, and K and is a good source of iron and magnesium.
* Sriracha Sauce: a special hot sauce that is made from chili pepper paste and a mix of other spices.
* Sweet Corn: corn with a higher sugar content, resulting in extra sweetness. The result of a recessive mutation.
* Tofu: made of condensed soy milk and pressed into its iconic block shape.
* Tubesteaks: a fancy way of saying hot dog.
* Umami: a flavor that corresponds to the amino acid glutamate. It is used in seasonings to add an extra special dimension of flavor.
* Yuzu Kosho: a paste made from chiles fermented zest and salt.

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# Chapter 2: Flavors and Soup Types

When approaching the topic of Ramen flavors there are two schools of thought. You can approach the subject from an instant ramen perspective or from a homemade broth point of view. The instant ramen add a specific flavor to bland water, while the broth or stock method brings together a melding of fluids. Broth is a more traditional method for creating a good ramn base. But instant flavorings can be an easy way to create a flavor you want or can’t readily achieve by homemade means. This book will focus on the broth or stock based methods, however, it should be said that the instant ramen flavoring packs can be easily substituted into any traditional ramen recipe by using water instead and flavoring it with the appropriate amount of seasoning to taste or specifications. It can even be added to recipes listed in this book to boost certain flavors.

For reference here is a list of Maruchan Instant Ramen flavors:

* Beef
* Chicken
* Chicken Mushroom
* Chicken Tortilla
* Chili
* Creamy Chicken
* Lime Chili Shrimp
* Lime Shrimp
* Low Sodium Beef
* Low Sodium Chicken
* Oriental
* Picante Beef
* Picante Chicken
* Pork
* Roast Beef
* Roast Chicken
* Shrimp
* Sriracha Chicken
* Tonkotsu

It is important to note that while there are different flavors, there are also different types of broth. Here is a list of broth types to keep in mind when creating memorable dishes.

* Miso Ramen: if a broth uses fermented japanese soy pastes it is considered a miso broth ramen. They are usually very savory and full of flavor and this style can even be incorporated into other bowl types. These ramen tend to fall into the range of about 550 calories.
* Shio Ramen: This ramen is salt based. Typically light in color or clear, this is the most traditional method of preparing ramen. This style is often a bit saltier and fall around 400 calories in general.
* Shoyu Ramen: This ramen is a soy sauce based ramen. It is very common and pairs well with meats. The blend will vary. Typically around 475 calories.
* Tonkotsu Ramen: This is a pork bone based broth. It is often the cloudiest base among its counterparts and combines aspects of both shio and shoyu, using both salt and soy sauce. This is the heaviest of all the soup bases in calories, ranging from around 600 calories.

Let the information of the types of ramen inform you, however, it should not limit your creative process. As you can see, some types, like the tonkotsu ramen, utilizes other bowl qualities. Using these methods should only inform your thinking, not limit it.

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# Chapter 3: Pork Ramen Recipes

# Basic Pork Ramen

This recipe takes 30 mins to prep, 30 mins to cook and makes 4 servings.

* Protein: 24g
* Total Carbohydrate: 37g
* Total Fat: 8g
* Calories: 315

What to Use:

* Cilantro Leaves (.5 Cups)
* Halved and Thin Sliced Radishes (2)
* Large Grated Carrot (1)
* Soy Sauce (1 tbls)
* Ramen Noodles (2 packs)
* Low Sodium Chicken Broth (6 cups)
* Peeled and Sliced Ginger (2 inch piece)
* Sliced Scallions (8)
* Kosher Salt
* Black Pepper
* Boneless Pork Chops (2)
* Canola Oil (1 tbls)

What to Do:

* Dutch oven preferred but you can also just use a big pot.
* Heat oil over medium heat and place seasoned pork in pot to cook. Should take 2 to 3 mins. per side.
* Remove from heat and let rest for 5 mins. then slice thinly.
* Add ginger and scallions to the dutch oven. Cook for about 1 to 2 mins.
* Add broth and boil.
* Add noodles and cook for about 3 mins.
* Serve and top with carrots, radishes, sliced pork, cilantro and scallions.

Lazy Sunday Spicy Pork Ramen

This recipe takes 20 mins. prep, 4 hours and 40 mins to cook and makes 4 servings. It takes longer, but it’s very easy to make. Perfect on a weekend or special occasion. Pork, can be substituted with Trader Joe's Fully Cooked Pork Belly.

* Protein: 45g
* Total Carbohydrate: 53g
* Total Fat: 30g
* Calories: 670

What to Use:

* Red Chili Flakes (1 tsp)
* Spring Onions (small bunch)
* Scallions (small bunch)
* Black Sesame Seeds (1 tsp)
* Sesame Seeds (1 tsp)
* Baby Spinach (3 cups)
* Sliced Leek (1)
* Ramen Noodles (7 oz)
* Eggs (4)
* Sliced Red Chili (1)
* Gochujang Paste (2 tbsp)
* Soy Sauce (3 tbsp)
* Mirin (2 tbsp)
* Chicken or Veggie Broth (8.5 cups)
* Chopped Ginger (thumb sized)
* Chopped Garlic Cloves (3)
* Celery Stalk (1)
* Onion (1)
* Peeled Carrots (2)
* Pepper
* Salt
* Rolled Pork Shoulder (2.2 lbs)

What to Do:

* Use a dutch oven or any other large pot that can be put in the oven. Preheat the oven to 300 while you prepare the pork.
* Season with salt and pepper to taste then place into the greased pot you will be using.
* Seal all sides of the pork.
* Remove the pork and place it to the side.
* Add into the pot onion, a whole carrot, garlic, celery, and ginger. Cook for 5 mins then add red Chili flakes, gochujang, soy sauce, stock, mirin and the sealed pork.
* Boil ingredients.
* Remove from heat and place pot into the oven.
* Leave in the oven for 4 hrs.
* Occasionally check on the pot and add boiling water if the water level falls.
* While that is happening, make the eggs.
* First make the eggs. Fill a large pot with water, enough to fully submerge both eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* Remove the pot from the oven and remove the pork.
* Shred the pork.
* Strain the leftover liquid. Discard vegetables and debris.
* Put pork into the broth again and keep warm.
* Fry the leeks and season with salt and pepper.
* Prepare the noodles by boiling in water for 5 mins or as directed then rinsing them.
* Divy the noodles and leeks into bowls and pour the pork laden broth over them.
* Top with chili flakes, garnishes, peeled halved eggs, etc. and enjoy.

Low-Cal Pork Ramen

This recipe takes 5 mins to prep, 8 mins to cook and makes 1 serving.

* Protein: 5g
* Total Carbohydrates: 7g
* Total Fat: 1g
* Calories: 80

What to Use:

* Pepper (pinch)
* Ginger (pinch)
* Yeast Flakes (.25 tsp)
* Garlic Powder (.25 tsp)
* Garlic Salt (.25 tsp)
* Onion Powder (.5 tsp)
* Salt (1 tbls)
* Low Calorie Pork Broth (2 cups)
* Shirataki Noodles (1 package)

What to Do:

* Rinse and strain noodles.
* Add salt then continue rinsing.
* Pour pork broth into a large pot.
* Add noodles and bring the pot to a boil.
* Combine all your other ingredients, seasonings and yeast, into a bowl.
* Add seasonings to the pot when it begins to boil.
* Cook, stirring occasionally, for 3 mins.

Ramen with Braised Pork

This recipe takes 10 mins. to prep, 2 hrs. to cook and makes 6 servings.

* Protein: 22g
* Total Carbohydrate: 23g
* Total Fat: 16g
* Calories: 324

What to Use:

* Ramen Noodles Cooked (4 Oz)
* Cornstarch (2 tbls)
* Soy Sauce (2 tbls)
* Chicken Stock (8 cups)
* Vegetable Oil (2 tbls)
* Japanese Seven Spice (1 tsp)
* Firmly Packed Brown Sugar (2 tbls)
* Boneless Pork Shoulder (1 lb)

What to Do:

* Mix together the brown sugar and Japanese spices in a bowl, then rub the mix onto the pork. Let the pork rest in the fridge for and hour. You may also allow the pork to rest for up to 24 hours.
* When you are ready to prepare the meal, use a dutch oven.
* Heat oil within the dutch oven on medium high heat and sear the pork on all its sides.
* Add 4 cups stock to the pan then cook in the over for 2 hrs on 350.
* Remove the pork from the dutch oven and place to the side to rest.
* Add remaining broth to the dutch oven.
* Add cornstarch and soy sauce into a small bowl. Whisk the mixture into the dutch oven mix. Do so slowly.
* Bring the mix to a boil then add cooked noodles, sliced pork, and applicable toppings.
* Serve and enjoy.

Keto Pork Ramen

This recipe takes 30 mins to prep, 30 mins to make and creates 5 servings. It’s great for those watching their carb intake.

* Protein: 21g
* Total Carbohydrate: 9g
* Total Fat: 20g
* Calories: 311

What to Use:

* Spiralized Zucchini (1 )
* Beef Broth (6 cups)
* Fish Sauce (1 tbls)
* Apple Cider Vinegar (1 tbls)
* Coconut Aminos (.25 cups)
* Chopped Kale (3 cups)
* Ginger (1 tbls)
* Minced Garlic Cloves (4)
* Diced Green Onions (separate white parts) (4)
* Ground Pork (1 lb)

What to Do:

* In a large pot pour in oil and cook pork for about 6 to 7 mins.
* Add garlic, ginger, and white part of the green onions and cook for about 2 mins. stirring occasionally.
* Add coconut aminos, kale fish sauce, apple cider vinegar and beef broth.
* Bring to a boil.
* Reduce heat and add noodles. Cook until tender, about 3 mins.
* Serve and enjoy.

Whole Wheat Pork Ramen

This recipe takes 30 mins. to prep, 10 mins. to cook and makes 4 servings.

* Protein: 35g
* Total Carbohydrate: 47g
* Total Fat: 8g
* Calories: 400

What to Use:

* Thin Sliced Scallions (2)
* Cabbage and Carrot Slaw (2 cups)
* Whole Wheat Ramen Noodles or Spaghetti (8 oz)
* Reduced Sodium Soy Sauce (1.5 tsp)
* Pork Broth (3 cups)
* Eggs (4)

What to Do:

* First make the eggs. Fill a large pot with water, enough to fully submerge both eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* In a big pot, add broth, soy sauce and 2 cups of water. Boil.
* Cook noodles according to directions on label.
* Drain noodles and add to individual bowls.
* Add veggies.
* Pour on broth.
* Dress with egg and scallions and any additional garnishes, like hot sauce or chile pepper flakes.
* Enjoy.

Pork Ramen with Turnips

This recipe takes 35 mins. to prep, 35 mins. to cook and makes 5 servings.

* Protein: 16g
* Total Carbohydrate: 15g
* Total Fat: 4g
* Calories: 160

What to Use:

* Baby Spinach (6 cups)
* Mushrooms (6 oz)
* Shao Hsing Rice Wine (1 tbls)
* Reduced Sodium Soy Sauce (1 tbls)
* White Miso (2 tbls)
* Water (3 cups)
* Low Sodium Chicken Broth (3 cups)
* Pork Tenderloin Pieces (8 oz)
* Minced Garlic Clove (1)
* Minced Ginger (1 tbls)
* Scallions (6)
* Peanut Oil (2 tsp.)
* Peeled Purple Top Turnips (1.5 lbs.)

What to Do:

* Spiralize turnips, about 10 cups.
* Heat oil in a big pot. Put in garlic, scallions and ginger and cook til fragrant.
* Add the pork, stirand brown,
* Add broth, water, soy sauce, miso, and rice wine, then bring the mixture to a boil.
* Add noodles and cook for about 3 mins. Then serve.
* Dress with scallions and any additional garnishes, like hot sauce or chile pepper flakes.
* Enjoy.

Ramen with Pork Cutlets

This recipe takes 30 mins. prep, 41 mins to cook and makes 1 serving.

* Protein: 75.6g
* Total Carbohydrate: 90g
* Total Fat: 81.8g
* Calories: 1406

What to Use:

* Toppings: Black Pepper, Green Onion, Sushi Ginger (1 tbls), Tonkatsu Sauce (1 tbls)
* Miso Paste with Dashi (.5 tsp)
* Soy Sauce (1.75 tbls)
* Bonito Soup Stock (1.75 tbls)
* Shredded Dried Kombu (3 tbls)
* Instant Ramen Noodles (1 pack)
* Sage
* Basil
* Olive Oil (2 tbls)
* Boneless Pork Chop Slices (2)
* Spicy Sesame Oil (1.5 tsp)
* Egg (1)

What to Do:

* First make the egg. Fill a large pot with water, enough to fully submerge the egg. Take the egg and boil it for 1 min. Then remove the egg from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let it cool before processing it to be incorporated into the dish.
* Cover pork with half of the olive oil, sesame seeds, sage and basil to taste (generally just a bit).
* In a large skillet heat oil and cook the pork slices, 5 mins. on each side. Remove the pan from heat and let pork rest.
* Boil a large pot of water. Cook noodles for about 3 mins. or until tender. Then rinse them with water.
* Add noodles to a now empty pot and add the miso paste, soy sauce, bonito stock and kombu. Stir regularly. Takes about 3 to 5 mins.
* Move to a bowl and top with appropriate toppings to taste, garnish with peeled halved egg. Enjoy.

Miso Pork Ramen

This recipe takes 15 mins. prep, 15 mins. to make and creates 2 servings.

* Protein: 33g
* Total Carbohydrate: 129g
* Total Fat: 18g
* Calories: 797

What to Use:

* Water (2 cups)
* Ramen Noodle Packs (2) (or 5 Oz of fresh Ramen Chinese style noodles.)
* Sesame Oil (.5 teaspoons)
* Miso Paste (4 tbls)
* Soy Sauce (2 tsp)
* Sugar (1 tsp)
* Chicken Bouillon Powder (2 tsp)
* Warm Water (4 cups)
* Carrot Cut Thin (2 oz)
* Chopped Cabbage (4 oz)
* Bean Sprouts (5 oz)
* Ground Pork (2 oz)
* Minced Ginger (1 tsp)
* Garlic Clove (1)
* Canola Oil (1 tsp)

What to Do:

* In a skillet or wok heat oil. Add the garlic, ground pork and the ginger and cook until pork is done.
* Add veggies and cook til tender.
* Add water and bouillon powder. Stir, then add soy sauce and sugar. Bring to a boil.
* Reduce heat to a simmer and add miso making sure that it melds into the mixture.
* Add sesame oil.
* Remove from heat. Prepare noodles to the proper doneness according to packaging.
* Drain and present in individual bowls. Top with soup mixture.
* Enjoy.

Slow Cooker Ramen with Pork

This recipe takes 30 mins. prep, 8.5 hr. cook time and makes 6 servings. To lower cooking time considerably, use Trader Joe’s pre cooked pork belly.

* Protein: 35g
* Total Carbohydrate: 29g
* Total Fat: 33g
* Calories: 560

What to Use:

* Toppings Cilantro, Sliced Jalapenos,
* Ramen Noodles (3 packets)
* Soy Sauce (3 tbls)
* Reduced Sodium Chicken Broth 32 oz (2)
* Chopped Garlic Cloves (6)
* Fine Chopped Ginger Root (2 tbls)
* Salt
* Sliced Green Onions, white and green separate (1 bunch)
* Sliced Cremini Mushrooms 8 oz (1 pkg)
* Boneless Pork Shoulder (fat trimmed) ( 6 cut sections)
* Vegetable Oil (2 tbls)

What to Do:

* Dutch oven preferred. Heat oil over medium high heat and cook half the pork for about 5 mins for each side. Cook all the pork this way, leaving finished pieces in a slow cooker.
* Cook on medium and add the oil that’s left into the dutch oven. Cook veggies until soft. Then after 5 mins add the ginger and garlic. Cook till aromatic
* Store leftover green onions and ginger root in the fridge.
* Add broth to the mix. Scrape brown bits from the bottom of the pan as you stir then add the broth to the crock pot with the pork.
* Cook on low 10 hrs.
* Then bring pork to a cutting board or large plate and cut it into pieces. Remove excess fat if you’d like then place it back in the slow cooker.
* Stir in soy sauce and that remaining ginger root. Cover and cook for 15 to 20 mins.
* Prepare Ramen Noodles Separately and as advised.
* Drain and present in individual bowls. Top with soup mixture and remaining toppings. Enjoy.

Spicy Keto Ramen Bowl

This recipe takes 5 mins. to prep, 25 mins. to make and creates 5 servings.

* Protein: 12g
* Total Carbohydrate: 7g
* Total Fat: 3g
* Calories: 103

What to Use:

* Bone Broth (5 Cups)
* Shirataki Noodles (2 to 3 packets) or Zucchini Noodles
* Eggs (4)
* Mushrooms (4 oz)
* Rice Wine Vinegar (.25 Cups)
* Soy Sauce (.25 Cups)
* Fish Sauce (1 Tbls)
* Pepper (pinch)
* Salt (pinch)
* Chili Paste (1 Tsp)
* Minced Garlic Cloves (3)
* Grated Ginger (1 Tbls)
* Small Sliced Onion (1)
* Olive Oil (1 Tbls)

What to Do:

* Heat oil in a large pot. Cook onions for about 3 mins then add other ingredients, sans the egg of course.
* Simmer for 20 mins.
* Rinse noodles if from packaging, otherwise prepare as advised.
* Season broth to taste, add noodles.
* Serve and enjoy

Shoyu Ramen

This recipe takes 1 min prep, 3 mins. cook time and makes 6 servings.

* Protein: 57g
* Total Carbohydrate: 77g
* Total Fat: 34g
* Calories: 860

What to Use:

* Bonito Flakes (.25 Cups)
* Peeled and Sliced Ginger (1 inch)
* Head of Garlic (1)
* Peeled and Cut Carrots (2)
* Chopped Scallions (2 Bunches)
* Pork Spareribs (1 lb)
* Chicken Necks, Wings, or Backs (2 lbs)
* Vegetable Oil (2 Tbls)
* Kosher Salt
* Ground Black Pepper
* Boneless Pork Shoulder (1.5 lbs)
* Mirin (1 Tbls)
* Dry Sake (2 Tbls)
* Reduced Sodium Soy Sauce (.5 Cups)
* Dried Kombu Pieces (2)
* Chili Oil
* Toasted Sesame Oil
* Shichimi Togarashi
* Toasted Nori Sheets torn in half (3)
* Thin Sliced Scallions (6)
* Menma (.5 Cup)
* Dried Ramen Packages 3 oz (6)
* Eggs (3)

What to Do:

* Heat oil in a dutch oven, preferably. Cook pork shoulder and brown all over.
* Add the chicken, scallions, spareribs, ginger, garlic, and bonito flakes.
* Take the kombu from dashi and discard.
* Boil then reduce to a simmer. Skim the surface removing scum, skim and debris.
* Add the remaining dashi as the liquid in the pot begins to reduce.
* This will take about 2.5 to 3 hrs or until pork is tender.
* Remove pork and let it rest.
* Strain the stock mixture into a mesh strainer and remove the debris. (This includes chicken and ribs)
* To make the eggs, fill a large pot with water, enough to fully submerge the eggs. Take the eggs and boil for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let them cool before processing them to be incorporated into the dish.
* Slice pork thinly.
* Cook noodles separately in a large pot.
* Prepare Ramen Noodles as advised.
* Drain and present in individual bowls. Top with soup mixture and remaining toppings including the sliced pork. Garnish with peeled and halved eggs.
* Enjoy.

Pork Ramen

This recipe takes 5 hrs. It makes 4 servings. To lower cooking time considerably, use Trader Joe’s pre cooked pork belly.

* Protein: 33g
* Total Carbohydrate: 50g
* Total Fat: 33g
* Calories: 636

What to Use:

* Ponzu (1 tbls)
* Peas (10 oz)
* Miso Paste (1 tbls)
* Low Sodium Pork Stock (6 cups)
* Dried Shiitakes (.5 oz)
* Bone in Shoulder Roast (2 lbs)
* Cooking Oil (1 tbls)
* Lime Wedges (1)
* Peeled and Sliced Ginger (2 tbls)
* Peeled and Crushed Garlic Cloves (5)
* Quartered Onion (1)
* Toasted Sesame Oil (1 tsp)
* Chopped Green Onions (2 stalks, discard whites)
* Dried Ramen Noodles (6 oz)

What to Do:

* Season pork with salt and pepper to taste then sear on all sides in a pan until golden brown.
* In the slow cooker, add the stock, pork, mushrooms, ginger, garlic, and onions
* Heat on high for about 4 or 5 hours.
* Remove pork when done and cut into desired pieces.
* Strain the broth mixture and discard the solids.
* Put broth back in the slow cooker.
* Set to high.
* Add miso paste and ponzu with whisk.
* Add cut pork. Add noodles and cook 4 to 6 mins.
* Heat peas in a skillet until they become bright green.
* Divide ramen into individual bowls. Top with pork, scallions, peas and other dressings.

#

# Chapter 4: Chicken Ramen Recipes

Basic Low Sodium Chicken Ramen

This recipe needs 10 mins to prepare, 20 minutes to cook and will make 4 servings.

What to Use:

* Chopped Chives (2 tbsp)
* Grated Carrot (1)
* Baby Spinach (3 cups)
* Refrigerated Yaki Soba Noodles (3 small packages, noodles only)
* Soy Sauce (1 tbsp)
* Shiitake Mushrooms (4 oz)
* Low Sodium Chicken Broth (4 cups)
* Grated Ginger (1 tbsp)
* Minced Garlic (4 cloves)
* Olive Oil (1 tbsp)
* Large Eggs (2)

What to Do:

* First make the eggs. Fill a large pot with water, enough to fully submerge both eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* Pour oil in a large pot. On medium heat, add grated ginger and minced garlic. Stir this for about 1-2 minutes until aromatic.
* Then, add chicken broth, soy sauce, mushrooms and 3 cups of water. Whisk this combination of ingredients.
* Bring the mixture to a boil then reduce the heat and simmer it for 10 mins. Mushrooms should be soft.
* Add Yaki-Soba noodles and stir for 2-3 mins. (Any flavor pouches that came with the noodles will not be needed.)
* Add spinach, grated carrots and chopped chives. Stir 2 mins.
* Garnish with the finished eggs, now peeled and chopped in half.
* Serve immediately and enjoy.

Chicken Ramen

This recipe takes 5 mins. to prepare, 20 mins. to make and will make 6 servings.

* Protein: 5.1g
* Total Carbohydrate: 27.1g
* Total Fat: 7.5g
* Calories: 189

What to Use:

* Crunchy Panko Crumbs (optional)
* Sriracha
* Shredded Carrots (1 cup)
* Chopped Kale (2 cups)
* Chopped Scallions or Chives (.5 cups)
* Instant Ramen Noodles
* Dried Shiitake Mushrooms (1 oz)
* Water (4 cups)
* Chicken Broth (4 cups)
* Grated Garlic (4 tsps)
* Grated Ginger (3 tsps)
* Sesame Oil (1 tbsp)

What to Do:

* First take a large pot and begin to heat the sesame oil. Medium heat will suffice.
* Then you will add your grated garlic and ginger, which you will stir until aromatic.
* At this point, add 4 cups broth and water. Bring to a boil, then reduce heat to a simmer.
* Add the dried shiitake mushrooms. Stir, then allow to cook, covered, for 10 mins. The mushrooms should be soft.
* To the mixture, add noodles and scallions. Let it simmer for 5 mins.
* Then remove from heat and add carrots and kale.
* Serve immediately and top with Panko Crumbs. (For golden crispy panko crumbs, toss them in oil and toast them in oven until they are golden brown.)
* Enjoy

Ramen With Chicken Nuggets

This recipe takes about 15 mins to make and makes 1 serving.

* Protein: 44.5g
* Total Carbohydrates: 17.4g
* Total Fat: 14.3g
* Calories: 389

What to Use:

* Chicken Broth (1 cup)
* Ramen Noodle Pack Creamy Chicken(1)
* Mixed Veggies (2 cups)
* Chopped Onion (1 cup)
* Oil of Choice (2 tsp)

What to Do:

* Deep fry or bake chicken nuggets, or microwave if already cooked. Set aside.
* Heat oil in a skillet on medium high, then add mixed veggies and onions.
* Add broth and seasonings to pan. Bring to a boil.
* Add noodles. Reduce to simmer and cook for about 2 mins.
* Chop chicken nuggets into pieces.
* Serve ramen. Place chicken nuggets on top.

Spicy Chicken Ramen

This recipe will take 15 mins. prep time, 10 mins. to make, to make and will make 4 servings.

What to Use:

* Toasted Sesame Oil (1 tbls)
* Vegetable Oil (2 tbls)
* Scallions
* Mirin (3 tbls)
* Fresh Ginger (2 inches)
* Garlic (6 cloves)
* Sambal Oelek (3 tbls)
* White Miso (.5 cups)
* Red Miso (.5 cups)
* Chopped Yellow Onion (small)
* Ramen Noodles (6 oz)
* Unsweetened Soy Milk (2 cups)
* Chicken Stock (3 to 4 cups)
* Shiitake Mushrooms (5 oz)
* Eggs (4)
* Oil (1 tbls)
* Extra Firm Tofu (12 to 15 oz)
* Roasted Seaweed
* A food processor and tofu press

What to Do:

* First begin to make the spicy miso paste. This will give the ramen its spicy flavor. Place the yellow onion, red miso, white miso, sambal oelek, garlic, ginger, mirin, oil and sesame oil into the food processor. Process the ingredients until a thick past forms. Place it to the side.
* Using a tofu press, remove moisture from the tofu then cut it into cubes. Then fry the pieces in a large pot with oil until brown.
* Add .25 cups of the spicy miso paste to the pot. Cook for 1 min. then take it out of the pan and place it on a plate.
* Add the chicken broth to the remains left in the pot for flavor.
* Add mushrooms and a Tbls of the spicy miso paste and brown.
* Then add the broth and soy milk. Bring to a boil then reduce to a simmer.
* Take .5 cups of the spicy miso paste and place into a fine strainer and place it halfway into the pot. Stir and allow the past to slowly dissolve into the mixture. Remove the remaining debris inside strainer.
* Season with soy sauce to taste.
* Fill a large pot with water, enough to fully submerge both eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* Follow package instructions to cook noodles separately. Strain then add noodles to individual bowls for serving. Pour the spicy broth onto noodles. Add tofu proportionately.
* Serve immediately. Dress with eggs, scallions and roasted seaweed. Save remaining spicy miso paste or freeze for later use.

Miso Chicken Ramen
This recipe takes 30 mins prep, 30 mins to cook and makes 4 servings.

* Protein: 28g
* Total Carbohydrate: 33g
* Total Fat: 16g
* Calories: 383

What to Use:

* Shiitake Mushrooms (2 cups sliced)
* Broken Chinese Noodles (4 oz)
* Bok Choy (8 cups)
* Boneless Skinless Chicken Thighs Cut into pieces (1.25 lbs)
* Reduced Sodium Soy Sauce (1.5 tbls)
* White Miso (3 tbls)
* Water (4 cups)
* Finely Grated Ginger (1 tbls)
* Minced Garlic Cloves (4)
* Scallions (1 bunch) (separate white and green)
* Toasted Sesame Oil (2 tbls, divided)

What to Do:

* Heat a single tbls of oil in a big pot on medium high heat.
* Add the white scallions, ginger, garlic, and cook until aromatic.
* Add water, soy sauce, miso, and the last tbls of oil. Bring to a boil.
* Add chicken, bok choy and mushrooms.
* Reduce to a simmer and stir occasionally until the chicken is cook and veggies are soft. This should take 3 to 5 mins.
* Serve. Add green scallions on top.

Rotisserie Chicken Ramen

This recipe takes 10 mins. to prep, 25 mins. to cook and makes 6 servings.

* Protein: 32g
* Total Carbohydrate: 72g
* Total Fat: 34g
* Calories: 724

What to Use:

* Scallions (1 bunch)
* Ramen Noodles (20 Oz)
* Beef Broth (2 Cups)
* Eggs (3)
* Mushrooms (2 Cups)
* Chile Garlic Sauce
* Shredded Rotisserie Chicken (3 Cups)
* Soy Sauce (2 Tbls)
* Chicken Broth (4 Cups)
* Salt and Pepper
* Olive Oil (1 Tbls)

What to Do:

* Saute the mushrooms for about 5 mins. with oil and season with salt and pepper. Place it aside.
* Fill a pot with water, enough to fully submerge eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* Combine the chicken and beef broths in a large pot together with soy sauce. Bring to a boil then immediately reduce to a simmer.
* Add ramen and cook for 4 mins.
* Serve immediately. Top each individual bowl with shredded chicken, sliced scallions and garlic sauce.
* Garnish with peeled, halved egg.

Hearty Chicken Breast Ramen
This recipe takes 10 mins prep, 20 mins to cook and makes 4 servings.

* Protein: 31.3g
* Total Carbohydrate: 38g
* Total Fat: 5.8
* Calories: 339

What to Use:

* Hot Chili Oil
* Chopped Green Onions (2)
* Shredded Carrots (1 cup)
* Sliced Cabbage (1 cup)
* Ramen Noodles (6 to 8 oz)
* Chicken Breast Fillets (2)
* Low Sodium Soy Sauce (1.5 tsp)
* Low Sodium Chicken Broth (4 cups)
* Eggs (2)

What to Do:

* Fill a pot with water, enough to fully submerge eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* In a large pot bring your chicken broth and soy sauce to a boil then add the chicken breasts. Cook until done, which should be about 8 to 10 minutes.
* Remove the breasts from the broth and shred the chicken. Return the now shredded chicken to the broth along with ramen noodles.
* Cook for an additional 3 to 5 mins. or as directed by ramen packaging.
* Add seasoning to taste.
* Remove from the stove and add carrots. Add cabbage.
* Serve immediately.
* Garnish each serving with chili oil and chopped onion to taste.
* Garnish with peeled, halved eggs.

Spicy Chicken Ramen Version 2
This recipe takes 30 mins to make and makes 3 servings.

* Protein: 60g
* Total Carbohydrate: 57g
* Total Fat: 27g
* Calories: 710

What to Use:

* Spinach (Palmful)
* Rice Vinegar (1 Tbls)
* Sriracha Sauce (2 Tbls)
* Soy Sauce (2 Tbls)
* Grated Ginger (Thumb-sized)
* Grate Garlic Cloves (2)
* Rotisserie Chicken
* Water (2 Cups)
* Chicken Stock (1 Qrt)
* Ramen Noodles (9 Oz)
* Sliced Thai Chillies
* Sriracha Sauce
* Eggs (2)
* Scallions
* Dried Seaweed

What to Do:

* Fill a pot with water, enough to fully submerge eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* Take all ingredients, except for sriracha, eggs, scallions and seaweed, and boil them in a large pot. Boil then reduce to a simmer.
* Bring water to a boil in a separate pot.Cook ramen until tender, about 3 mins. Then strain.
* Add noodles to individuals bowls and pour broth mix on top.
* Add sriracha, peeled and halved eggs, scallions and seaweed to taste.

Slow Cooker Chicken Ramen

This recipe takes to 10 mins. prep time, 3 hours to make and makes 4 serving. This recipe is more easy than quick, but is an additional set it and forget it option that is very low maintenance if you have time.

* Protein: 33g
* Total Carbohydrate: 33g
* Total Fat: 10g
* Calories: 367

What to Use:

* Ramen Noodles (3 oz)
* Black Pepper (.5 tsp)
* Ground Ginger (.5 tsp)
* Sliced Mushrooms (4 oz)
* Unsweetened Soy Milk (.5 cups)
* Seasoned Rice Vinegar (.25 cups)
* Soy Sauce (.25 cups)
* Chicken Broth (4 cups)
* Minced Garlic Cloves (3)
* Diced Yellow Onion (half)
* Boneless Chicken Breasts
* Toppings: Chopped Cilantro, Sliced Green Onions, Sliced Carrots, Sliced Jalapenos, Crushed Red Peppers, Sesame Seeds, Sesame Oil, Spinach, Eggs (4).

What to Do:

* Fill a pot with water, enough to fully submerge eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* Oil the bottom of your crockpot then place all of the ingredients inside. Do not place toppings inside!
* Cook on low, covered with top, for 3 hrs.
* At the end of the cook time, take cooked chicken from the crockpot and place to the side for cutting/chopping.
* Add ramen noodles and turn heat to high.
* Cook for an additional 5 mins. Covered.
* Add chicken to main mixture or to individual servings, whichever is preferred.
* Serve and add any combination of toppings and seasonings.

Big Bowl Chicken Ramen

This chicken ramen is a larger, yet easy recipe. Prep time is 35 mins, and cook time is 35 mins. This recipe makes 8 servings.

* Protein: 27.66g
* Total Carbohydrate: 59.4g
* Fat: 25.27g
* Calories: 571

What to Use:

* Green Onions
* Fresh Ramen Noodles (1.5 lbs)
* Shredded Chicken (3 cups)
* Button Mushrooms (4 oz)
* Low Sodium Chicken Broth (8 cups)
* Peeled Chopped Ginger (2 inches)
* Chopped Garlic Cloves (4)
* Trimmed and Chopped Leek (1)
* Chopped Yellow Onion (1)
* Canola Oil (3 tbls)
* Sesame Oil
* Soy Sauce
* Large Eggs (8)

What to Do:

* Fill a pot with water, enough to fully submerge eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* In a large pot use 2 Tbls oil and cook onion. Sear until brown, but do not stir.
* Add garlic, ginger and bit of broth. Stir until remains are cleaned from the bottom of the pan. Pour the rest of the broth.
* Bring to medium low heat and cover. Simmer for 30 mins.
* Strain broth with fine mesh strainer into a bowl. Remove remains and set broth mixture to the side.
* Use the same pot to heat another Tbls of oil. Cook mushrooms until tender. Add chicken and broth. Simmer. Add soy sauce and seasonings to taste.
* Cook noodles separately and divide into serving bowls.
* Pour broth over noodles and add toppings and peeled halved eggs.

Chicken Ramen with Brown Sugar

This recipe takes 15 mins total. It requires a food processor and creates about 4 small servings.

* Protein: 8g
* Total Carbohydrate: 37g
* Fat: 9g
* Calories: 260

What to Use:

* Chopped Broccoli (2 cups)
* Diced Green Onions (1 cup)
* Cooked Ramen Noodles (4 cups)
* Brown Sugar (.25 cups)
* Sesame Oil (4 tbls)
* Shichimi Togarashi (1tsp)
* Ginger Root (1 tbls)
* Green Curry Paste (2 tsp)
* Rice Wine Vinegar (.3 cups)
* Soy Sauce (.3 cups)
* Chicken Broth (4 cups)

What to Do:

* Take brown sugar, curry paste, vinegar, soy sauce, broth, shichimi togarashi, ginger and sesame oil and place into processor.
* Process on low then incrementally shift into higher settings until you reach the highest speed. This process should take about 5 mins. so don’t rush it.
* Cook noodles.
* Heat broth.
* Add together in serving bowls.
* Garnish with green onions and toppings, season to taste.
* Enjoy

Chicken and Veggie Ramen
This recipe take 10 mins. to pre, 8 mins. to cook. This recipe makes 3 servings.

* Protein: 15g
* Total Carbohydrate: 49g
* Fat: 14g
* Calories: 444

What to Use:

* Chopped Cabbage (2 cups)
* Sliced Red Bell Pepper (1)
* Thin Sliced Carrot (1)
* Water (1.25 cups)
* Chopped Chicken Thighs (7 oz)
* Onion (.5)
* Garlic Gloves (2)
* Oil (1 Tbsp)
* Ramen (2 packets)
* Chopped Green Onions
* Mirin (1 tbsp)
* Hoisin Sauce (2 Tsp)
* Oyster Sauce (1 Tbsp)
* Dark Soy Sauce (1 Tbsp)

What to Do:

* Mix soy sauce, oyster sauce, hoisin sauce, and mirin in a bowl.
* Heat skillet, add oil, onions and garlic. Brown for 1 min.
* Add chicken to the pan. Brown chicken pieces.
* Add sauce mixture.
* Cook until caramelized. About 1 min.
* Add capsicum.
* Add carrots.
* Push veggies and chicken to one side of the pan then add the water.
* When the water starts to bubble along the edged, add the ramen to the side of bubbling water.
* After 45 secs. turn the ramen over and cook for an additional 35 seconds.
* Toss noodles, chicken, veggies and sauce together.
* Add cabbage.
* Toss.
* Let the mixture reduce.
* Serve and garnish with green onions and favorite toppings.

Chicken Ramen With Spicy Peanut Sauce

This recipe take 5 mins. Prep, 10 mins. to make and makes 4 servings.

* Protein: 33g
* Total Carbohydrate: 50g
* Fat: 33g
* Calories: 623

What to Use:

* Chopped Peanuts (.5 Cups)
* Shredded Chicken (2 Cups)
* Ramen Noodles (3 Oz)
* Soy Sauce (3 Tbls)
* Creamy Peanut Butter (3 Tbls)
* Sriracha Chili Sauce
* Chopped
* Green Onions (2)

What to Do:

* In a large bowl, mix peanut butter, soy sauce and sriracha. Mix it until the ingredients blend.
* Microwave 30 secs.
* Whisk until peanut butter melts down. Sauce will be a bit thick.
* Get a large pot. Boil 6 cups of water.
* Use 3 packets of seasonings from the ramen packets.
* Add noodles. Cook until tender, until 3 mins. Or as directed.
* Separate noodles and broth.
* Add chicken and sauce to hot noodles.
* Add broth slowly until desired consistency is reached.
* Garnish with peanuts and green onions.
* Enjoy.

Work Week Chicken Ramen

This recipe takes 3 mins to prep, 15 mins to make and creates 1 serving.

* Protein: 38g
* Total Carbohydrate: 9g
* Total Fat: 10g
* Calories: 279

What to Use:

* Chicken Broth or Stock (2 cups)
* Swiss Chard (1 leaf)
* Red Bed Pepper (one-eighth)
* Carrot (small)
* Ramen Packet
* Chicken Breast (100g)
* Egg (1)

What to Do:

* Fill a pot with water, enough to fully submerge egg. Take the egg and boil for 1 min. Then remove the egg from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let the egg cool before processing it to be incorporated into the dish.
* In a frying pan, heat oil and pour in bite size pieces of the chicken breast. (note: don't let the pieces touch as they cook.)
* Your pieces should be small so it should only take a little less than a minute on each side.
* Add your chicken stock to the pan, as well as veggies.
* Let it boil for 1 min.
* Add noodles to your large serving bowl. Pour the broth on top and let sit for 2 mins or until noodles are al dente. Stir and dress with egg.
* Enjoy.

Sesame Chicken Salad Ramen

This recipe takes 10 mins prep, 20 mins to cook and makes 4 servings.

* Protein: 50g
* Total Carbohydrate: 70g
* Total Fat: 39g
* Calories: 828

What to Use:

* Lime (cut into wedges)
* Sriracha (.25 cups)
* Fresno Chiles (2)
* Chopped Cilantro (.25 cups)
* Chopped Green Onion (2, colors separated)
* Eggs (4)
* Ramen Packs (4)
* Boneless, Skinless Chicken Tenders or Thighs
* Kosher Salt (2 tsp)
* Miso Paste (1 tbls)
* Reduced Sodium Soy Sauce (3 tbls)
* Low Sodium Chicken or Vegetable Broth (8 cups)
* Minced Garlic Cloves (2)
* Minced Ginger (1 tbls)
* Sesame Oil (1 tbls)
* Eat Smart Sesame Salad Kit (1 bag)

What to Do:

* Fill a pot with water, enough to fully submerge eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* Over a medium-high heat, cook ginger for about two mins then add garlic and the veggies form the salad kit. Cook for about 4 mins. Cabbage should be well wilted.
* Then, add the miso paste, salt, chicken, soy sauce, and stock to a pot. Bring to a boil then add chicken.
* Reduce to simmer and cook for 5 mins.
* After that, take the chicken from the pot and place on a baking sheet. Brush the chicken with dressing from the salad kit, about half of it.
* Broil chicken for 5 mins.
* Add Ramen Packs to the boiling broth. Add sauteed veggies. Simmer for about 2 mins.
* Divide contents in serving bowls, top with chicken pieces, peeled, halved eggs and your favorite toppings.

Low-Cal Chicken Ramen

This recipe takes 5 mins to prep, 8 mins to cook and makes 1 serving.

* Protein: 5g
* Total Carbohydrates: 7g
* Total Fat: 1g
* Calories: 80

What to Use:

* Pepper (pinch)
* Ginger (pinch)
* Yeast Flakes (.25 tsp)
* Garlic Powder (.25 tsp)
* Garlic Salt (.25 tsp)
* Onion Powder (.5 tsp)
* Salt (1 tbls)
* Low Calorie Chicken Broth (2 cups)
* Shirataki Noodles (1 package)

What to Do:

* Rinse and strain noodles.
* Add salt then continue rinsing.
* Pour chicken broth into a large pot.
* Add noodles and bring the pot to a boil.
* Combine all your other ingredients, seasonings and yeast, into a bowl.
* Add seasonings to the pot when it begins to boil.
* Cook, stirring occasionally, for 3 mins.

Low Carb Keto Chicken Ramen

This recipe takes 15 mins prep, 17 mins cook time and makes 4 servings.

* Protein: 35g
* Total Carbohydrate: 17g
* Total Fat: 14g
* Calories: 290

What to Use:

* Cilantro Leaves
* Scallions (4)
* Miracle Noodles (Shirataki Noodles)
* Eggs (4)
* Rotisserie Chicken
* Salt
* Pepper
* Coconut Aminos or Soy Sauce (2.5 tbls)
* Better than Bouillon (2.5 tbls)
* Water (8 cups)

What to Do:

* Fill a pot with water, enough to fully submerge eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* Bring all the water (8 cups) to a boil.
* Add bouillon, coconut or soy sauce to the pan.
* Add pieces of rotisserie chicken to your liking.
* Rinse and strain shirataki noodles.
* Add noodles to the broth, boil for time determined on packaging.
* Garnish with cilantro leaves, and peeled, halved eggs.
* Enjoy.

Ramen Noodles with Canned Chicken
This recipe takes 37 mins and makes 4 servings.

* Protein: 24g
* Total Carbohydrates: 57g
* Total Fat: 13g
* Calories: 480

What to Use:

* Spring Onion (2 stalks)
* Corn (150 g)
* Shiitake Mushrooms (200 g)
* Ramen Noodles (250 g)
* Bok Choy (2 stalks)
* Sesame Oil (.5 tsp)
* Soy Sauce (dribble)
* Ginger (2 inches)
* Lemongrass (1 stalk)
* Onion (1)
* Garlic Cloves (4)
* Vegetable Stock (2 liters)
* Canned Chicken (2)

What to Do:

* Cut mushrooms into slices (without the stems), as well as, spring onion and bok choy.
* Cut garlic cloves and the onion in half, peel ginger, and crush the lemongrass.
* Add veggie stock to a large pot. Bring to a boil and add your cut ingredients.
* Simmer broth for about 30 mins.
* Cook noodles separately as instructed.
* Cook until bok choy is soft and then serve in a bowl with corn toppings and your favorite hot sauce.
* Open tin of chicken. Drain. Then top ramen with chicken to taste.

#  Chapter 5: Beef Ramen Recipes

Ramen Noodles with Mongolian Beef
This recipes takes 20 mins. to prep, 30 mins. to make and creates 4 servings.

* Protein: 46g
* Total Carbohydrate: 75g
* Total Fat: 42g
* Calories: 870

What to Use:

* Red Pepper Flakes (.25 Tsp)
* Minced Garlic Cloves (4)
* Chicken Broth (1.25 Cups)
* Brown Sugar (Two Thirds Cups)
* Low Sodium Soy Sauce (Three-Fourths Cup)
* Sesame Oil (2 Tbls)
* Chopped Green Onions (3)
* Ramen Noodles (8 Oz)
* Thin Sliced Green Bell Pepper (1)
* Vegetable Oil (.25 Cups)
* Flank Steak (.5 lbs)

What to Do:

* Cut steak into thin pieces then place in a bag with the corn starch. Cover steak completely.
* Add beef slowly to hot oiled skillet. Add more beef incrementally. Add more oil as needed.
* Remove steak when cooked to appropriate wellness.
* Add bell pepper, soften, then remove from skillet.
* Add chicken broth, sesame oil, garlic, brown sugar, soy sauce, and red pepper flakes.
* Cook for 10 mins. on medium heat.
* Make ramen according to packaging.
* Strain ramen, add noodles, beef and bell peppers to sauce.
* Stir and mix.
* Garnish with green onions and serve immediately.

Ramen with Beef and Broccoli

This recipe takes 15 minutes to prep, 10 mins to cook, has options to marinate steak, and makes 4 servings.

* Protein: 29g
* Total Carbohydrate: 18g
* Total Fat: 29g
* Calories: 360

What to Use:

* Sesame Seeds
* Sriracha (.5 Tsp)
* Brown Sugar (1 Tbls)
* Rice Wine Vinegar ( 2 Tbls)
* Low Sodium Soy Sauce (6 Tbls)
* Oyster Sauce (6 Tbls)
* Cornstarch (2 Tbls)
* Sesame Oil (2 Tsp)
* Ginger (1 Tbls)
* Low Sodium Beef Broth (Three-Fourths Cup)
* Water (.25 Cups)
* Ramen Noodle (3 Packets)

What to Do:

* (Optional) In a medium to large bowl, add a tbls of soy sauce and rice wine. Marinate steak in the refrigerator for 1 hour or longer for up to a day for deeper flavor. Mix water, beef broth, ginger, sesame oil, cornstarch, oyster sauce, soy sauce and rice wine vinegar, as well as brown sugar and sriracha to taste into a bowl. Cook Ramen according to packaging. Once done, drain and remove. Saute broccoli with oil until crisp. Set broccoli aside. Remaining tbls of oil should be put back into the pan and heated until it nearly reaches its smoking point. Add beef and saute for about 1 or 2 mins. Then add garlic until aromatic. Then broccoli. Then noodles. Stir and serve immediately. Garnish with sesame seeds and favorite toppings.

Low-Cal Beef Ramen

This recipe takes 5 mins to prep, 8 mins to cook and makes 1 serving.

* Protein: 5g
* Total Carbohydrates: 7g
* Total Fat: 1g
* Calories: 80

What to Use:

* Pepper (pinch)
* Ginger (pinch)
* Yeast Flakes (.25 tsp)
* Garlic Powder (.25 tsp)
* Garlic Salt (.25 tsp)
* Onion Powder (.5 tsp)
* Salt (1 tbls)
* Low Calorie Beef Broth (2 cups)
* Shirataki Noodles (1 package)

What to Do:

* Rinse and strain noodles.
* Add salt then continue rinsing.
* Pour beef broth into a large pot.
* Add noodles and bring the pot to a boil.
* Combine all your other ingredients, seasonings and yeast, into a bowl.
* Add seasonings to the pot when it begins to boil.
* Cook, stirring occasionally, for 3 mins.

Spicy Beef Ramen Soup

This recipe takes 7 mins. prep, 20 minutes to cook, and makes 4 servings.

* Protein: 10g
* Total Carbohydrate: 8g
* Total Fat: 23g
* Calories: 200

What to Use:

* Baby Spinach
* Beef Strips
* Parsley (2 Tbls)
* Chopped Green Onions (.25 Cups)
* Eggs (2)
* Sriracha Sauce (1 Tbls)
* Water (4 Cups)
* Vegetable Stock (1.5 Cups)
* Chopped Ginger (1 Tsp)
* Chopped Garlic Cloves (1)
* Peeled and Cut Carrots (2)
* Pepper (.25 Tsp)
* Salt (.25 Tsp)
* Olive Oil (2 Tbls)
* Ramen Noodle Packs (2)

What to Do:

* In a skillet heat oil on medium heat. Add carrots, ginger, garlic and onions.Cook for about 5 mins.
* Combine with water and broth. Bring to a boil until veggies are soft. Then add Ramen and cook for an additional 5 to 10 mins. Or until tender.
* Cook beef in a different skillet until appropriate wellness.
* Add to noodle dish.
* Serve and enjoy with toppings.

Ground Beef Ramen Skillet

This recipe takes 25 mins altogether to prepare and makes 4 servings.

* Protein: 49g
* Total Carbohydrate: 18g
* Total Fat: 9g
* Calories: 160

What to Use:

* Beef Flavored Ramen Packs (6 Oz)
* Ground Ginger (1 Tsp)
* Soy Sauce (3 Tbls)
* Beef Broth (2 Cups)
* Stir Fry Veggies (12 Oz)

What to Do:

* Using 1 Tbls of oil, brown the beef then drain the excess liquid.
* Continue cooking on medium high heat and add stir fry veggies and cook for 2 to 3 mins.
* Combine soy sauce, broth, ginger, and a packet of seasoning mix into a bowl.
* Mix until well blended then pour the mixture into the skillet.
* Reduce the heat to a simmer and stir.
* Cook for about 5. mins or until done.
* Serve immediately

Oriental Beef Ramen Noodles

This recipe takes 35 mins. to prepare, makes 4 servings,

* Protein: 31g
* Total Carbohydrate: 31g
* Total Fat: 4g
* Calories: 360

What to Use:

* Grated Ginger (1 Tbls)
* Minced Garlic (2 Tbls)
* Chopped Onion (.5 Cups)
* Water (4 Cups)
* Vegetable Oil (2 Tsp)
* Oriental Ramen Packet (2)
* Pepper (1 Tsp)
* Top Beef Sirloin Steak Boneless (1 lb)
* Toppings: Bamboo Shoots, Baby Spinach, Sliced Green Onions, Mushrooms, Sugar Snap peas, Shredded Carrots, Bean Sprouts.

What to Do:

* Slice steak in strips.
* Add oil and beef to a pan with .5 ramen packet seasoning and pepper.
* Stir fry for 1 to 2 mins. If you need to, season beef first and fry in two batches.
* Place cooked beef to the side.
* Add the onion, garlic, ginger, the remaining .5 of seasoning in the packet and water to the same skillet used for the beef. Bring to a boil then reduce to a simmer.
* Simmer 2 mins.
* Add noodles and bring to a boil again, then add noodles and cook for about 3 mins.
* Add beef and miso.
* Serve immediately.

Ramen Mason Jars

This recipe takes 15 mins. to make and creates 4 servings.

* Protein: 32g
* Total Carbohydrate: 31g
* Total Fat: 6g
* Calories: 400

What to Use:

* Ramen Packets (2 packs)
* Sliced Green Onions (.5 Cup)
* Thin Sliced Mushrooms (8)
* Shredded Carrot (1 Cup)
* Baby Spinach (2 Cups)
* Sesame Oil (8 Drops)
* Red Miso Paste(4 Tsp)
* Kimchi (.5 Cups)
* Beef Base (2 Tbls)
* Thin Sliced Flank Steak (12 Oz)

What to Do:

* In 4 mason canning jars, add 1.5 Tsp of beef concentrate, 1 Tsp miso paste, 2 Tbls kimchi, and 2 drops of the sesame oil.
* Cook steak separately to desired wellness.
* Add .5 cups to each jar.
* Divy up the rest of the ingredients proportionately.
* Add .5 of each packet or ramen to each of the jars.
* Let sit in the fridge for about an hour if beef is hot. Can be refrigerated for up to 3 days before serving.
* When serving, add 1.5 cups of boiling water to each jar, then close and shake. Let it stand for 5 mins.
* Add toppings if desired.

Crock Pot Beef Ramen

This is an 8 hour slow cooker recipe with 20 mins. prep but it is very easy and creates 6 servings.

* Protein: 92g
* Total Carbohydrate: 4g
* Total Fat: 52g
* Calories: 550

What to Use:

* Jalapenos
* Lime Wedges
* Cilantro
* Sliced Green Onions
* Chuka Soba Noodles (1 pack)
* Sliced Mushrooms (2 Cups)
* Brown Sugar (.25 Cups)
* Lime (1)
* Chili Garlic Paste (1 Tbls)
* Ginger (1 Tbls)
* Rice Wine Vinegar (.25 Cups)
* Low Sodium Soy Sauce (.25 Cups)
* Low Sodium Beef Broth (32 Oz. + at least.25 Cups extra)

What to Do:

* Put the brown sugar, lime juice, chili garlic paste, ginger, rice wine vinegar, soy sauce, 32 Oz of beef broth and chuck roast into the slow cooker on low and let it cook covered for 8 hrs.
* After that, shred beef and return to crockpot.
* Set it to high then add mushrooms and cook for an additional 10 mins, covered.
* Then add noodles and continue to cook for 5 more minutes and add the last bit of broth.
* Add to individual bowl and add garnishes.
* Enjoy.

Spicy Beef Ramen Chashu

This recipe takes 105 minutes and makes 4 servings.

* Protein: 35g
* Total Carbohydrate: 31g
* Total Fat: 27g
* Calories: 490

What to Use:

* Chopped Red Chilli Pepper
* Chopped Green Onion
* Eggs (4)
* Enoki Mushroom (1 Pkg)
* Cooking Oil (.25 Cups)
* Chilli Flakes (4 Tbls)
* Black Pepper
* Salt
* Water (8 Cups)
* Cooking Oil (1 Tbs)
* Beef Stock ( 1 Tbls)
* Sugar ( 1 Tbls)
* Chopped Green Onion
* Red Chilli Peppers (5)
* Thin Sliced Ginger (3 Cm)
* Shallots (4)
* Garlic Cloves (5)
* Soy Sauce (.25 Cups)
* Ramen Noodles (4 Fresh Packs)
* Beef Shank (400 g)

What to Do:

* Heat the cooking oil to it’s smoking point then remove from heat and add chilli flakes.
* Sear the shank in a pressure cooker using oil to grease the bottom. Cook til properly browned on every side.
* Add soy sauce, 6 cups of water, ginger, shallot, garlic, chilli pepper, beef stock powder, green onion, black pepper, and sugar. Boil. Cook for 45 to 60 mins.
* Remove beef and slice thinly.
* Boil mushrooms and noodles.
* Add sugar if the crock pot broth needs it. Add all ingredients to crock pot.
* Serve immediately.
* Garnish with egg and favorite toppings.

Easy Weekday Ramen

This recipe takes 10 mins. prep, 11 mins. to cook and makes 2 to 3 servings.

* Protein: 25g
* Total Carbohydrate: 43g
* Total Fat: 14g
* Calories: 400

What to Use:

* Trimmed Snow Peas (2 Cups)
* Dark Sesame Seed Oil (1 Tsp)
* Hot Chilli- Garlic Sauce (2 Tsp)
* Soy Sauce (2 Tbls)
* Water (.5 Cups)
* Beef (250 to 375g)
* Red Onion
* Beef Ramen Packet (2)

What to Do:

* Bring 4 cups of water to a boil.
* Put noodles in a bowl and pour the boiling water on top of the noodles and let it soak for about 3 minutes.
* Cut beef into thin slices and fry with oil in a frying pan with sliced onion. When the onion gets softer, add 1 packet of seasoning. Add an additional .5 cups water, chilli garlic sauce, soy and sesame oil.
* Stirring often, cook for about 4 mins.
* Add snow peas and cook 2 to 4 mins.
* Serve immediately and enjoy.

Ramen Veggie Skillet

This recipe takes about 15 mins to make and makes 1 serving.

* Protein: 42g
* Total Carbohydrates: 15g
* Total Fat: 11g
* Calories: 340

What to Use:

* Beef Broth (1 cup)
* Beef Ramen Noodle Pack (1)
* Mixed Veggies (2 cups)
* Chopped Onion (1 cup)
* Oil of Choice (2 tsp)
* Heat and Serve Beef Fajita Meat

What to Do:

* Heat oil in a skillet on medium high, then meat until browned.
* Then add mixed veggies and onions.
* Add broth and seasonings. Bring to a boil.
* Add noodles. Reduce to simmer and cook for about 2 mins.
* Serve.

Beef and Garlic Ramen

This recipe takes 25 mins. to prep, 10 mins to cook and makes 4 to 6 servings.

* Protein: 22.5g
* Total Carbohydrate: 39.6g
* Total Fat: 20.7g
* Calories: 434

What to Use:

* Red Pepper Flakes (1 Tsp)
* Brown Sugar (.5 Cups)
* Minced Ginger (1 Tbls)
* Low Sodium Beef Broth (1 Cup)
* Sesame Oil (2 Tbls)
* Ramen Noodles (2 Packs)
* Assorted Vegetables (8 Oz)
* Vegetable Oil (3 to 5 Tbls)
* Minced Garlic (1.5 Tbls)
* Hoisin Sauce (2 Tbls)
* Low Sodium Soy Sauce
* Flank Steak (1 lb)

What to Do:

* Heat a Tbls of oil. Add mixed veggies. Cook until tender.
* Remove veggies and place to the side. Remove skillet from heat.
* Coat beef with cornstarch in a plastic bag.
* Add more oil and heat until smoke point.
* Add beef, sear on each side. Remove and place to the side.
* Now pour the .5 cup and tbls of soy sauce, sesame oil, beef stock, 1.5 tbls of minced garlic, ginger, red pepper flakes and brown sugar. Stir. Cook for about 10 to 12 mins.
* Whisk in a small bowl the remaining cornstarch and 1 Tsp of water, then add to ramen mix.
* Prepare noodles as instructed on packaging. Drain. Rinse in cold water.
* Combine all ingredients and add pepper to taste.
* Serve immediately.

Keto Beef Ramen Bowl

This recipe takes 15 mins. total so it’s super simple and makes 2 servings.

* Protein: 39g
* Total Carbohydrate: 8g
* Total Fat: 12g
* Calories: 300

What to Use:

* Minced Ginger (.25 Tsp)
* Minced Garlic Clove (1)
* Apple Cider Vinegar (1 Tbsp)
* Low Sodium Soy Sauce (1 Tbsp)
* Beef Broth (4 Cups)
* Sriracha
* Sliced Beef (.5 lbs)
* Egg (1)
* Bean Sprouts (1 Cup)
* Spiralized Zucchini (2)
* Grape Seed Oil (1 Tsp)

What to Do:

* First make the eggs. Fill a large pot with water, enough to fully submerge both eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish
* Bring broth, soy sauce, vinegar, garlic, and ginger to a boil in a large pot.
* Grease a skillet with grapeseed oil and sear beef slices on both sides. Remove and slice to desired pieces.
* Put the zucchini noodles and scallions and bean sprouts in the broth for 2 minutes.
* Serve in two individual bowls and top with beef on top. Dress with peeled, halved egg.
* Garnish with Sriracha if desired.

Spicy Keto Beef Ramen

This recipe takes 15 mins. to prep, 15 mins. to make and makes 2 servings.

* Protein: 49g
* Total Carbohydrate: 9g
* Total Fat: 77g
* Calories: 937

What to Use:

* Cilantro (4 Tbls)
* Chili Flakes (.5 Tsp)
* Sesame Seeds (1 Tbls)
* Salt
* Pepper
* Sesame Oil (3 Tbls)
* Shirataki Noodles (7 Oz)
* Bok Choy (10 Oz)
* Scallions (2 Oz)
* Water (2 Cups)
* Meat Bouillon Cubes (2)
* Coconut Oil (3 Tbsp)
* Eggs (4)
* Ribeye Steaks (.75 lb)
* Sriracha Sauce (1 Tbsp)
* Minced Garlic Cloves (2)

What to Do:

* First make the eggs. Fill a large pot with water, enough to fully submerge both eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* In a big bowl, mix the garlic and sriracha sauce.
* Slice beef into thin strips then place them into the sriracha mix and let it sit for 10 minutes.
* Once the time is up, heat coconut oil in a skillet and cook beef strips for a few mins. Stir occasionally and cook evenly, adding salt and pepper to taste.
* Rinse ramen noodles with cold water.
* Prepare the broth by adding bouillon cubes and water to a boil. Lower to a simmer and add noodles, which will cool for 2 to 3 mins or as directed.
* Remove the pot from the heat source.
* Put the veggies and beef into individual bowls and top with broth and toppings.
* Serve immediately.

Ramen with Bison

This recipe uses bison, which is a good substitute for beef. This recipe takes 10 mins to prep, 30 mins to prepare and makes 4 servings.

* Protein: 53g
* Total Carbohydrate: 71g
* Total Fat: 18g
* Calories: 640

What to Use:

* Water Chestnuts (drained, chopped) 1 can
* Parsley (2 tbls)
* Fine Chopped Romaine Lettuce (2 heads)
* Ramen Noodles Crushed (3 packs)
* Salt
* Pepper
* Beef Broth (6 cups)
* Thai Curry Paste (1 tbls)
* Ground Bison (1.5 lbs)
* Chopped Celery Stalks (4)
* Fine Chopped Kale Leaves (2 cups)
* Chopped Leeks (2)
* Olive Oil (1 tbls)

What to Do:

* In a large pot, heat olive oil.
* On medium heat stir fry leeks, celery, and kale for about 3 mins.
* Add the broth, bison and the curry paste. Add salt and pepper then bring to a boil. Cover and cook for 20 mins.
* Then, add noodles to the broth and cook for 3 to 5 more mins.
* Garnish with chestnuts, parsley and our favorite toppings.

# Chapter 6: Seafood Ramen Recipes

Crockpot Seafood Ramen

This recipe takes 5 mins to prep and 2 hrs to cook making 4 servings. Use a seafood mix of your choice.

* Protein: 29.5g
* Total Carbohydrate: 27g
* Total Fat: 2.7g
* Calories: 250

What to Use:

* Red Pepper Flakes (pinch)
* Pepper (large pinch)
* Salt (1 tsp)
* Sesame Oil (drizzle)
* Sliced Tomatoes (.5 lbs)
* Chopped Kale (.25 cups)
* Minced Garlic Cloves (2)
* Rice Vinegar (2 tbls)
* Low Sodium Soy Sauce (2 tbls)
* Sliced Green Onions (2)
* Seafood Mix (1 lb)
* Ramen (4 to 6 oz)
* Seafood Broth (64 oz)

What to Do:

* Place all the ingredients in the cooker, but do not include the seafood,

kale, or ramen until later.

* Stir often and allow all the ingredients to mix.
* If cooking on a high temperature expect a waiting time between 2 to 3 hours.
* A lower temperature will take a little longer, between 4 to 6 hours.
* After the ingredients have cooked for the expected time include the seafood,

kale and ramen and continue cooking for an extra 15 to 30 minutes.

Ramen with Chicken and Shrimp

This recipe takes 20 mins to prep, 15 mins to cook and makes 3 servings.

* Protein: 37.5g
* Total Carbohydrate: 57.7g
* Total Fat: 9g
* Calories: 460

What to Use:

* Chopped Spring Onions (2)
* Sesame Seeds (1 tbls)
* Soy Sauce (2 tbls)
* Minced Red Chile Pepper (1)
* Sliced Imitation Seafood Sticks(3 oz)
* Hot Water (1 cup)
* Miso Paste (2 tbls)
* Rice Vermicelli (1.5 cups)
* Dashi Powder (1 tsp)
* Cold Water (1 pint)
* Shrimp (3.5 oz)
* Chicken Breast Strips (1 breast worth)
* Vegetable Oil (2 tsp)
* Dried Seaweed (1 tbls)

What to Do:

* To begin, add the wakame in a large bowl of cold water, then place aside.
* While the wakame is soaking grab a skillet and over a medium temperature heat

cooking oil.

* When heated, add chicken and shrimp and cook for 5 to 10 minutes, or

until there is no sign of pink in the center of the chicken and the shrimp has a color

that is a bright pink.

* Next, boil 1 pint of cold water and mix in dashi power, lower the heat to a medium

and add vermicelli.

* Blend miso paste and 2 tablespoons of hot dashi broth in a small bowl then add it to

the broth, mix well together until the miso has blended together with the other

ingredients.

* Lower the heat on the liquid and let it stay at a simmer. In about 2

minutes the noodles should be tender.

* Now take the soaked wakame, drain and add to the broth. Include the seafood sticks,

chicken-shrimp mixture, red chile pepper, sesame seeds, soy sauce and stir well.

* If the broth taste is too hot, adding 1 cup of hot water should take some of the fire

from the broth.

* Pour the mixture in serving bowls, add a little spring onions and enjoy.

Creamy Tuna Ramen Noodles

This recipe takes 6 mins prep, 5 mins to cook and makes 2 servings.

* Protein: 50g
* Total Carbohydrates: 54g
* Total Fat: 40g
* Calories: 787

What to Use:

* Ramen Packet (1)
* Water (2 cups)
* Butter (2 tbls)
* Reduced Fat Milk (.25 cups)
* Green Onions.
* Small Can of Light Tuna
* Salt
* Pepper

What to Do:

* Boil water.
* Add noodles and cook for 3 mins.
* Drain the water.
* Open can of Tuna. Drain water.
* Add butter, milk, and seasoning to pot. Stir. Return noodles to pot as well.
* Cook and stir until butter is melting and ingredients have blended.
* Noodles should be coated with a creamy sauce.
* Add tuna, salt and pepper to taste.
* Top with sliced green onions.

Simple Shrimp Ramen

This recipe takes 10 mins to prep, 10 mins to cook and creates 4 servings.

* Protein: 29g
* Total Carbohydrate: 7g
* Total Fat: 7g
* Calories: 219

What to Use:

* Chopped Green Onions
* Cilantro
* Large Shrimp (1lb)
* Ramen Packages (2)
* Sesame Oil (1 tsp)
* Soy Sauce (1 tsp)
* Grated Ginger (1 tbls)
* Seafood Stock (4 cups)
* Minced Garlic Cloves (4)
* Grated Carrot (1)
* Sliced Mushrooms (8 oz)
* Olive Oil (1 to 2 tbls)

What to Do:

* Start by heating olive oil in a large pot, add mushrooms and carrot and saute for 5 minutes or until they start to become tender.
* Next add garlic, and cook for 30 second stirring often.
* After include ginger, broth, soy sauce, and sesame oil, cover and let it cook until the mixture begins to boil.
* As it boils begin adding noodles and shrimp. Again cover and boil for 3 minutes. Once done top it off with chopped green onions and if you should wish add cilantro for that extra special taste.

Low-Cal Seafood Ramen

This recipe takes 5 mins to prep, 8 mins to cook and makes 1 serving.

* Protein: 5g
* Total Carbohydrates: 7g
* Total Fat: 1g
* Calories: 80

What to Use:

* Pepper (pinch)
* Ginger (pinch)
* Yeast Flakes (.25 tsp)
* Garlic Powder (.25 tsp)
* Garlic Salt (.25 tsp)
* Onion Powder (.5 tsp)
* Salt (1 tbls)
* Low Calorie Seafood Stock (2 cups)
* Shirataki Noodles (1 package)

What to Do:

* Rinse and strain noodles.
* Add salt then continue rinsing.
* Pour seafood stock into a large pot.
* Add noodles and bring the pot to a boil.
* Combine all your other ingredients, seasonings and yeast, into a bowl.
* Add seasonings to the pot when it begins to boil.
* Cook, stirring occasionally, for 3 mins.

Shrimp Pho Ramen Soup

This recipe takes 10 mins to prep, 30 mins to cook and makes 4 servings.

* Protein: 31.9g
* Total Carbohydrate: 65g
* Total Fat: 6.3g
* Calories: 450

What to Use:

* Raw Shrimp (1 lb)
* Bok Choy (8 cups)
* Cinnamon (1 tsp)
* Hoisin Sauce (2 tbls)
* Lime Juice (2 tbls)
* Fish Sauce (2 tbls)
* Low Sodium Soy Sauce (2 tbls)
* Lemon Peel (2 strips)
* Chicken Broth (8 cups)
* Chili Garlic Paste (.5 tbls)
* Minced Ginger Root (2 tbls)
* Sesame Oil (1 tbls)
* Black Peppercorns (.5 tsp)
* Cloves (2)
* Coriander Seeds (1 tsp)
* Rice Noodles (8 oz)

What to Do:

* To start, according to package directions prepare rice noodles and place aside.
* Now in a dry pan toast peppercorns, cloves, and coriander over a medium heat and cook for 3 to 5 minutes.
* After, remove from heat and dash mixture with mortar and pestle or spice grinder then set aside.
* Next use a large soup pot and warm sesame oil over medium heat for 30 to 60 seconds, as it start to shimmer add ginger and chili garlic paste and continue to stir for 30 seconds.
* Now add in chicken broth, lemon peel, lime juice, soy sauce, fish sauce, hoisin, cinnamon and toasted spices.
* Allow the mixture to come to a boil then add shrimp and bok choy. As the ingredients continue to simmer cook until the shrimp turns bright pink and the bok choy wilts.
* As a reminder, now would be a good time to check for seasoning and if needed
* add salt, peper, or soy.
* Finally add rice noodles to four large bowls and pour soup into each. For additional flavor you can add different topping of your choice.

Shrimp Ramen Stir Fry

This recipe take 10 mins to prep, 15 mins to cook and makes 8 servings.

* Protein: 25g
* Total Carbohydrate: 5g
* Total Fat: 13g
* Calories: 259

What to Use:

* Egg
* Low Carb Noodle Packs (14 oz each)
* Broccoli Florets (4 cups)
* Chopped Onion (1 cup)
* Extra Virgin Olive Oil (2 tbls)
* Rice Vinegar (2 tbls)
* Soy Sauce (.25 cups)
* Butter (2 bls)
* Minced Garlic (2 cloves)
* Sesame Oil (2 tbls)
* Shrimp (2 lbs)

What to Do:

* Begin by heating a skillet. Use medium heat to avoid burning.
* Once skillet is heated add sesame oil, ghee, soy sauce, and garlic.
* Return to high heat for boiling.
* Next, add shrimp and be sure to cook them thoroughly. You will not want to see any pink. Let the shrimp stand and move to prepare other ingredients.
* Using the same skillet add more oil,broccoli and onions and use medium heat to cook.Cook broccoli for about 10 minutes. Be sure to cook covered.
* Finally,add noodles to the other ingredients along with the beaten egg and shrimp. Continue to cook on warm.
* Be sure the egg is cooked. Top with parsley, soy sauce and scallions.

Kimchi Seafood Ramen

This recipe takes 5 mins to prep, 25 mins to cook and makes 2 servings.

* Protein: 9g
* Total Carbohydrate: 68g
* Total Fat: 16g
* Calories: 461

What to Use:

* Ramen Pack (150 g)
* Kimchi (.5 cups)
* Salt
* Pepper
* Veggie Broth (6 cups)
* Sesame Oil (.5 tsp)
* Honey (1 tbls)
* Soy Sauce (1.5 tbls)
* Red Chili Flakes (.5 tsp)
* Rice Vinegar (1 tbls)
* Minced Garlic Cloves
* Minced Ginger (1 tbls)
* Olive Oil (2 tsp)
* Favorite Toppings

What to Do:

* Begin this dish by heating olive oil in an appropriate sauce pan. Once the oil is hot enough add so that the oil and ingredients don’t stick.
* Add ginger and garlic and saute for 1 minute. It is important to stir constantly. Once heated begin to add the rice vinegar, red chili flakes (Korean).
* For the flavor add soy sauce, sesame oil honey and of course water to thepot continuing to stir well.
* Once ingredient reaches boiling, reduce heat and add seasoning specific for your taste.
* You will not, however need the seasoning from the Ramen noodle packs. You may discard these flavor packets. Once the Ramen noodles have been added continue to cook.
* Once noodles are at desired consistency remove from heat and garnish. Possible garnish suggestions include bean sprouts, extra kimchi, sesame seeds, green onion, hard boiled eggs.

Shrimp and Broccoli Ramen

This recipe takes 10 mins to prep, 20 mins to cook and makes 4 servings.

* Protein: 29g
* Total Carbohydrate: 35g
* Total Fat: 25g
* Calories: 484

What to Use:

* Chopped Parsley
* Vegetable Broth (2 cups)
* Ramen Packs (2)
* Salt
* Pepper
* Broccoli Florets (2 cups)
* Large Onion (1)
* Extra Virgin Olive Oil (4 tbls)
* Butter (1 tbls)
* Shrimp (1 lb)
* Minced Garlic Cloves

What to Do:

* Begin with a large skillet, preferably non-stick.
* Add garlic to the olive oil and cook for only 1 minute, or until the great smell fills the house. Add shrimp and season to your taste. A little salt and pepper should do the trick. Add butter and increase heat to medium high. As butter melts shrimp is pink and brown around the edges.
* Place cooked items on a plate, but do not clean the skillet.Using the same skillet add 2 additional tablespoons of olive oil and broccoli.
* Add noodles and vegetable broth to the skillet and add the shrimp. Return mixture to a boil and cook until noodles are tender. Remove from heat add garnish and parsley. Serve hot.

Seafood Ramen Mix

This recipe takes 15 mins to make and makes 4 servings.

* Protein: 12g
* Total Carbohydrate: 17g
* Total Fat: 4g
* Calories: 148

What to Use:

* Soy Sauce (2 tbls)
* Julienned Carrot (1)
* Chopped Green Onions (.5 cups)
* Seafood Mix (1 cup)
* Oriental Ramen Noodle Pack
* Water (3.5 cups)

What to Do:

* Heat water in a large saucepan, bring to a boil and add the ramen noodles.
* Stir and cook the noodles for about 3 minutes, but do not add seasoning packets.
* Next, add shrimp.carrots. Onion soy sauce and now add the seasoning packets and cook for another 3-4 minutes. Do not overcook.

Spicy Salmon Ramen

This recipe takes 10 mins to prep, 20 mins to cook and makes 2 servings.

* Protein: 50g
* Total Carbohydrate: 79.4g
* Total Fat: 80.2g
* Calories: 600

What to Use:

* Garlic Chili Paste (to taste)
* Toasted Sesame Oil (1 tbls)
* Sugar (2 tsp)
* Soy Sauce (2 tbls)
* Shitaake Mushrooms (4 oz)
* Salmon (4 to 6 oz)
* Fresh Ramen Noodles (4 oz)
* Scallions (white part) (3)
* Baby Bok Choy (2)
* Hondashi Granules (.5 tsp)
* Miso Paste (2 tbls)
* Chicken Broth (4 cups)

What to Do:

* To begin this recipe the oven should be set to broil 400F.
* Prepare the marinade for the salmon and shiitakes first.
* To make the marinade stir soy sauce, honey, sesame oil and chili paste together in a small bowl. Once prepared brush the marinade on the salmon and shiitakes.
* Once the marinade is applied broil salmon to your taste.
* Once salmon is cooked, you may begin cooking the noodles and make the broth, allow to simmer. Simmer for a few minutes and add miso, hondashi and stir well. Add the bok choy and scallions, along with wilt. Reduce to a low simmer. Separate noodles into 2 bowls and top with salmon. Garnish is optional and includes:fresh scallions and soft boiled eggs.

Crab and Veggie Ramen

This recipe takes 5 mins to prep, 10 mins to cook and makes 1 serving.

* Protein: 42g
* Total Carbohydrates: 15g
* Total Fat: 11g
* Calories: 340

What to Use:

* Seafood Broth (1 cup)
* Ramen Noodle Pack (1)
* Mixed Veggies (2 cups)
* Chopped Onion (1 cup)
* Oil of Choice (2 tsp)
* Old Bay Seasoning
* Pepper
* Artificial Crab or Cooked Crab

What to Do:

* Heat oil in a skillet on medium high, then add mixed veggies, crab, and onions.
* Add broth and seasoning. Bring to a boil.
* Add noodles. Reduce to simmer and cook for about 2 mins.
* Serve.

Salmon and Veggie Ramen Noodles
This recipe takes 35 mins and makes 4 servings

* Protein: 60g
* Total Carbohydrates: 57g
* Total Fat: 24g
* Calories: 572

What to Use:

* Spring Onion (2 stalks)
* Corn (150 g)
* Shiitake Mushrooms (200 g)
* Ramen Noodles (250 g)
* Bok Choy (2 stalks)
* Sesame Oil (.5 tsp)
* Soy Sauce (dribble)
* Ginger (2 inches)
* Lemongrass (1 stalk)
* Onion (1)
* Garlic Cloves (4)
* Vegetable Stock (2 liters)
* Canned Salmon (4)

What to Do:

* Cut mushrooms into slices (without the stems), as well as, spring onion and bok choy.
* Cut garlic cloves and the onion in half, peel ginger, and crush the lemongrass.
* Add veggie stock to a large pot. Bring to a boil and add your cut ingredients.
* Simmer broth for about 30 mins.
* While broth simmers, open tins of salmon. Drain liquid.
* In a small skillet, heat oil and fry salmon patties. (It will already be cooked, this is just for added flavor and texture.
* Cook noodles separately as instructed. Place noodles in bowl when ready.
* Bok choy should be soft, a sign you are ready to serve.
* Serve noodles in a bowl, pour broth over noodles and then top with corn toppings and your favorite hot sauce.
* Place salmon patties on top of ramen bowls.
* Enjoy.

Keto Shrimp Ramen with Shirataki Noodles

This recipe takes 10 mins prep, 15 mins to cook and creates 4 servings.

* Protein: 40g
* Total Carbohydrate: 8g
* Total Fat: 13g
* Calories: 300

What to Use:

* Seaweed
* Eggs (2)
* Shirataki Spaghetti Style Noodles
* Green Onion
* Minced Garlic
* Olive Oil (2 tbls)
* Sriracha Sauce (2 tbls)
* Bragg’s Liquid Aminos (2 oz)
* Chicken Stock (32 oz)
* Full Shrimp (6)
* Raw Shrimp (1 lb)
* Shiitake Mushrooms (3.5 oz)

What to Do:

* Use a deep soup pan and add olive oil or avocado (your choice).
* Heat on medium high heat.
* Add the garlic first and cook until browned. Add the shitake mushrooms and the sliced green onion. Saute and then add the raw shrimp. Cook while stirring approximately 2-3 minutes.
* Add chicken broth, bragg liquid aminos and sriracha sauce and bring to a boil. Add shirataki noodles after washing and bring to a boil. Again bring to a boil.
* Divide soup into bowls and add sliced egg in each bowl. Add toppings which may include seaweed, sesame seeds, unused green onions and sriracha sauce.

Shiitake Shrimp Bowl with Cabbage and Sriracha

This recipe takes 10 mins prep, 15 mins to cook and makes 6 servings.

* Protein: 14g
* Total Carbohydrate: 53g
* Total Fat: 1.5g
* Calories: 27o

What to Use:

* Lime Zest (pinch)
* Lime Juice (2 tsp)
* Peeled, Chopped Ginger (.5 inch piece)
* Chili Powder (1 tsp)
* Minced Garlic Cloves (2)
* Sriracha (1 tbls)
* Soy Sauce (2 tbls)
* Sliced Shiitake Mushrooms (1.5 cups)
* Baby Spinach (3 cups)
* Small Cooked Shrimp Peeled and Deveined (8 oz)
* Basil (2 tsp)
* Shredded Purple Cabbage (2 cups)
* Chopped Carrot (3)
* Thin Sliced Scallions (4)
* Crushed Pack Ramen Noodles (4)

What to Do:

* Cook noodles as directed, but discard seasoning packets.
* Heat shrimp as directed.
* Add veggies in a large bowl and add both noodles and shrimp to it.
* In a small dish whisk together sriracha, garlic, soy sauce, ginger, chili powder, lime juice, and zest.
* Pour the mixture over ramen and shrimp, then stir, making sure the sauce covers evenly.
* Enjoy.

# Chapter 7: Vegetarian Ramen Recipes

Simple Vegan Ramen Noodles
This recipe takes 35 mins and makes 4 servings

* Protein: 11g
* Total Carbohydrates: 57g
* Total Fat: 12g
* Calories: 372

What to Use:

* Spring Onion (2 stalks)
* Corn (150 g)
* Shiitake Mushrooms (200 g)
* Ramen Noodles (250 g)
* Bok Choy (2 stalks)
* Sesame Oil (.5 tsp)
* Soy Sauce (dribble)
* Ginger (2 inches)
* Lemongrass (1 stalk)
* Onion (1)
* Garlic Cloves (4)
* Vegetable Stock (2 liters)

What to Do:

* Cut mushrooms into slices (without the stems), as well as, spring onion and bok choy.
* Cut garlic cloves and the onion in half, peel ginger, and crush the lemongrass.
* Add veggie stock to a large pot. Bring to a boil and add your cut ingredients.
* Simmer broth for about 30 mins.
* Cook noodles separately as instructed.
* Cook until bok choy is soft and then serve in a bowl with corn toppings and your favorite hot sauce.

Spicy Garlic Tofu Ramen

This recipe take 10 mins prep, 10 mins to make and makes 4 servings.

* Protein: 31g
* Total Carbohydrates: 31g
* Total Fat: 11g
* Calories: 340

What to Use:

* Salt
* Pepper
* Basil (2 tsp)
* Crushed Red Pepper Flakes (.5 tsp)
* Sliced Button Mushrooms (2 cups)
* Diced White Onion (1)
* Crushed Chinese Noodles (4 oz)
* Baby Spinach (8 cups)
* Tofu Cubes (1 lb)
* Soy Sauce (2 tbls)
* Sweet White or Chickpea Miso Paste (3.3 tbls)
* Water (4 cups)
* Fine Grated Ginger (.5 tbls)
* Minced Garlic (2 cloves)
* Thin Sliced Scallions (4)
* Sesame Oil (2 tbls)

What to Do:

* Heat oil in a big pot. Medium heat should suffice.
* Throw in garlic, ginger and scallions until aromatic.
* Then add the water, soy sauce, and miso paste. Boil.
* Add tofu, noodles, onion. Spinach, mushrooms, pepper flakes, basin and salt and pepper to the boiling mix.
* Cover the pot and continue to cook, stirring often.
* Serve and top with your favorite toppings.

Creamy Ramen Noodles

This recipe takes 5 mins prep, 5 mins to cook and makes 2 servings.

* Protein: 11g
* Total Carbohydrates: 54g
* Total Fat: 39g
* Calories: 608

What to Use:

* Ramen Packet (1)
* Water (2 cups)
* Butter (2 tbls)
* Reduced Fat Milk (.25 cups)
* Green Onions.

What to Do:

* Boil water.
* Add noodles and cook for 3 mins.
* Drain the water.
* Add butter, milk and seasoning to pot. Stir. Return noodles to pot as well.
* Cook and stir until butter is melting and ingredients have blended.
* Noodles should be coated with a creamy sauce.
* Top with sliced green onions.

Savory Vegetable Ramen

This recipe takes 10 mins prep, 1 hour to cook and makes 4 servings.

* Protein: 24.8g
* Total Carbohydrates: 64.1g
* Total Fat: 21.7g
* Calories: 537

What to Use:

* Toasted Sesame Oil with hot Chili
* Gomasio (sesame salt)
* Green Onion
* Package Baked Tofu (6 oz)
* Ramen Noodles (4 servings)
* Shiitake Mushrooms (10 oz)
* Eggs (4)
* Baby Spinach (10 oz)
* Mirin (1 tbls)
* Butter (1 tbls)
* Minced Ginger (.5 inch piece)
* Minced Garlic Cloves (2)
* Yellow Onion (1)
* Vegetable Oil (2 tbls)
* Low Sodium Tamari (.25 cups)
* Dried Shiitakes (1 oz, or 15 to 20)
* Low Sodium, High Quality Vegetable Broth (8 cups)

What to Do:

* Start by bring to boil vegetable broth and dried shiitakes in a medium pot. After cover the pot and remove the mixture from heat. For at least 30 minutes, up to 24 hours the mushroom should soak to take in the flavor of all the ingredients and when this time has passed remove the stems from the mushroom by cutting , then add 1 one cup of the broth and mushroom to blender and puree until the two have evenly blend together. Next add tamari to the ingredients and pour the mixture back into the pot. Now for a day or two the broth can be stored in the fridge and remove just before serving.
* Next, take one tablespoon of the vegetable and over a medium-high temperature, heat in a large frying pan. Continue cooking and toss in slice onion and for about 5 minutes or until they are soft and lightly browned. Remember to stir frequently, now include minced garlic and ginger and cook for two minutes and then to the pot return the mixture.
* Now hoil unsalted water, add spinach. Cook for 1 minute, then remove from pot and place it aside. Also boil several eggs, and cook for 7 minutes. After remove eggs and let cool, then peel the eggs, but be careful and make sure that no shells has been missed when peeling.. Again add water to a pot and bring to a boil, then add noodles and cook based from directions printed on the package. Drain and using four large bowls, divide the noodles evenly.
* In the same frying pan used for the onion add the remaining tablespoon of vegetable oil, and heat over medium-high as the noodles continue to cook. Mix in the sliced shiitakes along with a couple of pinches of salt. For about 10 minutes continue cooking , stirring occasionally, until the noodles reduced in volume and are lightly browned in spots.
* Arrange the ramen by rising the temperature of the broth and then remove them from the heat. Using a whisk add the butter, miso paste and mirin. After pour some broth over the noodles in bowls, just slightly to the level of the noodles. Add a small serving of spinach and shiitakes in each bowl. In each bowl place a few slices of tofu. Also in each of the bowls cut eggs in half and place two halves in each. You can also take scallions, gomasio and a little toasted sesame chili oil, with extra garnishes and serve for that little extra special taste.

Ramen with Spring Peas and Mushrooms

This recipe takes 30 mins and makes 2 servings.

* Protein: 23g
* Total Carbohydrates: 94g
* Total Fat: 6g
* Calories: 570

What to Use:

* Black Bean Sauce (2 tbls)
* Rice Vinegar (1 tbls)
* Soy Glaze (3 tbls)
* Gochujang (2 tsp)
* Eggs (2)
* Kombu (1 tsp)
* Snow peas (4 oz)
* Scallions (2)
* Cremini Mushrooms (4 oz)
* Ramen Noodles (.5 lbs)

What to Do:

* Bring a pot of salted water to a boil.
* Cut and prep veggies. Slice mushrooms, cut off ends of mushrooms, separate the white and greens of scallions and half the snow peas.
* In a big bowl, add soy sauce, black bean sauce, vinegar, 2 cups of water and gochujang to taste (spice level).
* Next, make the eggs. Fill a large pot with water, enough to fully submerge both eggs. Take the eggs and boil them for 1 min. Then remove the eggs from the heat source and place to the side, covered, for an additional 8-10 mins. When the time has completed, drain the water and let both eggs cool before processing them to be incorporated into the dish.
* Heat 2 tsps of olive oil on medium heat.
* Add sliced mushrooms. Cook 4 mins.
* Add white scallions. Add salt and pepper to taste.
* Stir for about 2 mins then add the sauce mix. Turn heat to high and boil, then reduce the heat to a medium high for 3 mins or until the liquid reduces a bit.
* Prepare noodles in boiling water, and add halved snow peas to the boiling water as well to save time.
* Cook about 3 mins then drain before adding the noodles to bowls then pouring the broth over the noodles and peas.
* Peel and half eggs, dress and serve with your favorite toppings.
* Enjoy.

Veggie Ramen with Tofu

This recipe takes 10 mins to prep, 10 mins to cook and makes 2 servings.

* Protein: 16g
* Total Carbohydrates: 30g
* Total Fat: 12g
* Calories: 350

What to Use:

* Green Onion
* Black Sesame Seeds
* Low Sodium Soy Sauce (1 tbsp)
* Oil (1 tbsp)
* Low Sodium Vegetable Broth (2 cups)
* Ramen Noodles (1 package)
* Mushrooms (2 cups)
* Eggs (2)
* Extra Firm Tofu (.5 block)

What to Do:

* Begin this recipe by fixing your typical 6 minute boiled egg. Once egg has boiled place it into a bowl of ice water then cool, crack shell and slice down the middle. Once tofu has been cut into bite sized pieces heat skillet on medium high and add tofu with sliced mushrooms.
* Saute tofu and mushrooms until light brown. Adding garlic is a nice touch, but is optional. Reduce heat and add tamari or liquid aminos and soy sauce.
* Finally, cook noodles by boiling in 2 cups of water. Use a small pot. Let noodles simmer for about 4 minutes.
* You may use remaining ingredients as toppings. This includes tofu, mushrooms, egg and veggies.

Fried Egg Ramen

This ramen recipe takes about 5 mins prep, 5 mins to make and yields 1 serving.

* Protein: 24.5g
* Total Carbohydrates: 63.2g
* Total Fat: 25.5g
* Calories: 570

What to Use:

* Black Pepper (.75 tsp)
* Olive Oil (.75 tbls)
* Pink Salt (.25 tsp)
* Teriyaki Sauce and Marinade (.75 tbls)
* Raw Kale (1.5 cups)
* Ramen Noodle Pack (1)
* Eggs (2)

What to Do:

* Boil as much water as directed on the packet of ramen.
* Once boiling, pour over the noodles in a serving bowl.
* Crack an egg into the hot bowl of water and ramen. Cover and let rest for about 3 mins.
* Add cleaned kale as well and continue letting it sit for 4 mins.
* Fry the other egg in the olive oil and add it plus your favorite seasoning to the ramen.
* Mix and stir well. Add sauce, salt and pepper to taste.
* Enjoy

Everyday Vegetarian Ramen Bowl

This recipe takes 15 mins prep, and 15 mins to prepare and yields 6 servings.

* Protein: 8g
* Total Carbohydrates: 45g
* Total Fat: 17g
* Calories: 350

What to Use:

* Toasted Sesame Seeds (1 tbls)
* Baby Bok Choy (3 heads)
* Ramen Noodles
* Large Eggs (4)
* Toasted Sesame Oil (2 tsp)
* Soy Sauce (2 tbls)
* White Miso Paste (2 tbls)
* Vegetable Stock (6 cups)
* Garlic (4 cloves)
* Grated Ginger (2 inches)
* Green Onions (5 stalks)
* Shiitake Mushrooms (.5 lbs)
* Vegetable Oil (3 tbls)

What to Do:

* Heat vegetable oil using a large pot.Now add the shiitake mushrooms and cook about 4-5 minutes. Place mushrooms on a plate and cover them with foil to keep them warm. Use the pot to make the miso broth.heat the remaining oil in the pot..Add the green onions, but only the white parts. Add ginger and garlic also. Cook about 2 minutes then add vegetable stock. Bring to a boil
* Place miso paste into a bowl and put a cup of boiling liquid and whisk until it is dissolved.Return mixture back to the pot. Cook egg and noodles by filling a large pot of water and boiling .Cool eggs by placing them in cold water . Add noodles bok choy and cook until they turn bright green. Be sure to drain. Put the noodles and bok choy in s bowl and pour some of the stock over it . Add shiitake mushrooms and eggs. For garnish use scallion and sesame.

Sweet Potato Ramen

This recipe takes about 30 mins to make and creates 4 servings.

* Protein: 8g
* Total Carbohydrates: 46g
* Total Fat: 3.5g
* Calories: 240

What to Use:

* Salt
* Pepper
* Chopped Cilantro (2 tbls)
* Hot Sauce (2 tbls)
* Sliced Scallions (4)
* Crushed Ramen Noodles (3 packs)
* Large Sweet Potato cut into cubes (1)
* Thin Sliced Carrots (3)
* Bok Choy (1 stalk)
* Frozen Corn (1 cup)
* Sliced Button Mushrooms (2 cups)
* Water (4 cups)
* Vegetable Broth (4 cups)
* Grated Ginger (3 tsp)
* Minced Garlic (2 cloves)
* Sesame Oil (1 tbls)

What to Do:

* Pour sesame oil into skillet and heat on medium low heat.
* Put in ginger and garlic and cook for about 4 mins.
* Add veggie broth and water.
* Simmer. Add mushrooms, bok choy, corn, carrots, an sweet potato pieces. Cook for 15 mins.
* Add noodles and cook for 5 mins.
* Top with scallions, cilantro, and hot sauce. Add salt and pepper to taste.

Turmeric Vegetarian Ramen Bowl

This recipe takes 10 mins prep and about 20 mins to cook and makes 4 servings.

* Protein: 7g
* Total Carbohydrates: 34g
* Total Fat: 4g
* Calories: 205

What to Use:

* Instant Ramen (4 oz)
* Hot Sauce or Sriracha
* Soy Sauce (2 to 3 tbls)
* Turmeric (.25 tsp)
* Reduced Sodium Vegetable Broth (8 cups)
* Collard Leaves (3)
* Baby Bella Mushrooms (4 to 5)
* Red Bell Pepper (1)
* Shredded Carrots (2)
* Fresh Ginger (1 inch)
* Minced Garlic Cloves (2)

What to Do:

* Combine garlic and ginger in 2 tbsp of water until softened, about 1-2 minutes, after 1-2 minutes add pepper, carrots and mushrooms. Continue to stir and saute for another minute.
* Add broth tumeric and tamari and simmer for 15-20 minutes. Afterwhich add ramen noodles and collards and stir until noodles are at desired tenderness.
* Finally, add hot sauce to taste.

Vegan Ramen

This recipe takes 30 mins prep, 2.5 hrs cook time and makes 4 servings.

* Protein: 9g
* Total Carbohydrates: 41g
* Total Fat: 14g
* Calories: 340

What to Use:

* Miso Glazed Bok Choy
* Miso Glazed Carrots
* Extra Firm Tofu (10 oz)
* Chopped Green Onions (.5 cup)
* Vegan Friendly Ramen Noodles (8 oz)
* Sesame Oil (1 tsp)
* White or Yellow Miso Paste (1 tbls)
* Dehydrated Shiitake Mushrooms (.5 oz)
* Soy Sauce (2 tbls)
* Vegetable Stock (6 cups)
* Chopped Yellow Onion (1)
* 3 inches Diced Ginger (1)
* Chopped Garlic (5 cloves)
* Grape Seed Oil (1 tbls)

What to Do:

* Use a large pot and add oil, garlic onion and ginger.
* Saute for a few minutes, about 5-8 until onion has brown edges. Add 1 cup of vegetable broth from the bottom of the pan.
* Add the broth tamari soy sauce and dehydrated mushrooms. Simmer ingredients over medium heat then reduce heat to low and cover. The longer it cooks the more flavor will develop.
* Add more sauce and sesame oil if desired.
* Use another pot to boil ramen noodles and cook according to directions.Also strain broth and reserve mushrooms for servings. When everything is ready divide ramen noodles between four serving bowls.
* Add toppings such as carrots, bok choy, green onions or tofu and serve with chili garlic sauce.

Miso Coconut Vegan Ramen

This recipe takes 10 mins prep, 25 mins to cook and makes 4 servings.

* Protein: 6g
* Total Carbohydrates: 12g
* Total Fat: 29.5g
* Calories: 329

What to Use:

* Sea Salt (pinch)
* Sweet Paprika (1 tsp)
* Tapioca (.25 cups)
* Organic Firm Tofu (14 oz)
* Black Pepper
* Spelt or Brown Rice Ramen (4 servings)
* Dulse Flakes (2 tsp) optional
* Quartered Lime (1)
* Cilantro (one-third)
* Tamari Sauce (2 tbls)
* Turmeric (.5 tsp)
* Harissa or Chili Paste (or something spicy)(1.5 tbls)
* Minced Garlic Cloves (2)
* Chopped Yellow Onion (.5)
* Organic Coconut Milk (15 oz)
* Ground Ginger (1.5 tsp)
* Chickpea Miso (2 tbls)
* Veggie Stock (2 cups)
* Slices Mushrooms (1 cup)

What to Do:

* You may or may not want to include tofu with this meal but if you do begin by mixing together tapioca with paprika and sea salt.
* Cut tofu into cubes and coat them in tapioca mix. Air fry tofu until golden brown. The next step is to make the broth.
* Once again mix the ginger, miso,tamari into vegetable stock and set aside . Preheat medium soup pot over low heat and saute the onions in water. Stir in tumeric and the harissa cook for a few minutes and add garlic. Add mushrooms and saute a few more minutes.
* Add coconut milk and let simmer. Add the fried tofu and remove from heat. Prepare pot to boil noodles.
* Boil until the noodles start to separate from each other. Careful not to overcook.. Add noodles to broth and serve hot.
* For extra taste garnish with fresh cilantro and lime wedges. Chili peppers optional.

Herb and Veggie Ramen

This recipe takes 5 mins to prep, 10 mins to make and makes 2 servings.

* Protein: 18g
* Total Carbohydrates: 92g
* Total Fat: 10g
* Calories: 520

What to Use:

* Salt
* Pepper
* Sesame Oil (1.5 tsp)
* Raw Honey (2 tbls)
* Rice Wine Vinegar (one third cup)
* Baby Spinach (1 cup)
* Thin Sliced Chives (6)
* Fine Chopped Basil (2 tsp)
* Cilantro (2 tbls)
* Chopped Carrot (1)
* Snow Peas (1 cup)
* Hard Boiled Eggs (2)
* Crushed Ramen Packs (2)

What to Do:

* Cook noodles according to packaging.
* Cook eggs until hard boiled. Peel and half.
* Add eggs, cooked noodles, snow peas, cilantro, carrots, basil, spinach and chives to a large bowl.
* In a small dish, whisk oil, honey, salt, pepper, and vinegar.
* Drizzle mix over ramen and serve.

Ramen Veggie Skillet

This recipe takes about 10 mins to make and makes 1 serving.

* Protein: 42g
* Total Carbohydrates: 15g
* Total Fat: 11g
* Calories: 340

What to Use:

* Vegetable Broth (1 cup)
* Ramen Noodle Pack of choice (1)
* Mixed Veggies (2 cups)
* Chopped Onion (1 cup)
* Oil of Choice (2 tsp)

What to Do:

* Heat oil in a skillet on medium high, then add mixed veggies and onions.
* Add broth and seasonings. Bring to a boil.
* Add noodles. Reduce to simmer and cook for about 2 mins.
* Serve.

Low-Cal Veggie Ramen

This recipe takes 5 mins to prep, 8 mins to cook and makes 1 serving.

* Protein: 5g
* Total Carbohydrates: 7g
* Total Fat: 1g
* Calories: 80

What to Use:

* Pepper (pinch)
* Ginger (pinch)
* Yeast Flakes (.25 tsp)
* Garlic Powder (.25 tsp)
* Garlic Salt (.25 tsp)
* Onion Powder (.5 tsp)
* Salt (1 tbls)
* Vegetable Broth (2 cups)
* Shirataki Noodles (1 package)

What to Do:

* Rinse and strain noodles.
* Add salt then continue rinsing.
* Pour Vegetable broth into a large pot.
* Add noodles and bring the pot to a boil.
* Combine all your other ingredients, seasonings and yeast, into a bowl.
* Add seasonings to the pot when it begins to boil.
* Cook, stirring occasionally, for 3 mins.

Vegetarian Ramen Mason Jars

This recipe takes 15 mins. to make and creates 4 servings.

* Protein: 16g
* Total Carbohydrate: 15g
* Total Fat: 3g
* Calories: 200

What to Use:

* Ramen Packets (2 packs)
* Sliced Green Onions (.5 Cup)
* Thin Sliced Mushrooms (8)
* Shredded Carrot (1 Cup)
* Baby Spinach (2 Cups)
* Sesame Oil (8 Drops)
* Red Miso Paste(4 Tsp)
* Kimchi (.5 Cups)
* Mixed veggies

What to Do:

* In 4 mason canning jars, add 1 Tsp miso paste, 2 Tbls kimchi, and 2 drops of the sesame oil.
* Boil, saute, or microwave mixed veggies.
* Divy up the rest of the ingredients proportionately.
* Add .5 of each packet or ramen to each of the jars.
* Let sit in the fridge for about an hour. Can be refrigerated for up to 3 days before serving.
* When serving, add 1.5 cups of boiling water to each jar, then close and shake. Let it stand for 5 mins.
* Add toppings if desired.

Ramen with Cauliflower and Pine Nuts

This recipe takes 10 mins to prep, 10 mins to cook and makes 2 servings.

* Protein: 18g
* Total Carbohydrates: 79g
* Total Fat: 23g
* Calories: 570

What to Use:

* Toasted Pine Nuts (2 tbls)
* Fine Chopped Basil (1 tbls)
* Salt
* Pepper
* Chili Powder (.5 tsp)
* Dried Oregano (1 tsp)
* Parmesan Cheese (3 tbls)
* Baby Spinach (2 cups)
* Olive Oil (2 tbls)
* Small Head of Cauliflower (cut into pieces)
* Packs of Ramen Noodles (2)

What to Do:

* Cook noodles as directed. Discard seasoning packets.
* Steam cauliflower over medium heat in a steamer basket.
* In a large bowl, combine the cooked noodles, oil, cauliflower, spinach, cheese, chili powder, oregano, salt and pepper. Mix.
* Serve and garnish with pine nuts.

Ramen with Almond Butter

This recipe take about 20 mins to make and creates 4 servings.

* Protein: 15g
* Total Carbohydrates: 57g
* Total Fat: 17g
* Calories: 430

What to Use:

* Chili Powder (.25 tsp)
* Sesame Seeds (1 tsp)
* Bean Sprouts (1 cup)
* Snap Peas (2 cups)
* Salt
* Pepper
* Crushed Red Pepper Flakes (.25 tsp)
* Raw Honey (1 tbls)
* Lime Juice (1 tbls)
* Ground CUmin (.25 tsp)
* Cayenne Pepper (pinch)
* Soy Sauce (1.5 tbls)
* Light Coconut Milk (1 cup)
* Creamy Almond Butter (.5 cups)
* Minced Ginger (1 tsp)
* Minced Garlic (1 clove)
* Sesame Oil (1 tbls)
* Chinese Noodles (1 lb)

What to Do:

* Cook noodles as directed. Discard seasoning packets.
* Heat oil in a large pot.
* Add garlic and ginger til aromatic.
* At this point add lime juice, cumin, cayenne, soy sauce, coconut milk and almond butter and reduce heat to a simmer.
* Mix and stir until a smooth consistency comes about.
* Remove from heat the whisk in the honey, salt and pepper, and red pepper flakes.
* Mix the almond butter dressing with noodles and serve.

# Chapter 8: Gluten Free Ramen Recipes

Chicken Rice Noodle Ramen

This recipe takes 10 mins to make and creates 2 servings.

* Protein: 86g
* Total Carbohydrate: 12g
* Total Fat: 69g
* Calories: 1040

What to Use

* Egg (pinch)
* Cayenne (hefty pinch)
* Parsley
* Fresh Veggies (.5 cups)
* Chicken Stock (2.25 cups)
* Clear Rice Noodles (2 oz)
* Shredded Chicken (2 cups)
* Salt and Pepper

What to Use:

* Begin by using a small pot to bring clear rice ramen noodles and stock to a boil.
* Cook this mixture for three minutes or until your noodles start to boil and reach desired tenderness. At this time you may add vegetables, which are optional.
* If you like a little spice in your meal add a little cayenne. You also have the option of breaking an egg into soup, stirring quickly to mix. Be sure to stir until the egg is mixed and cooked fully.
* Add chicken toward end of cooking time.
* Salt and pepper to taste.

Beef Rice Noodle Ramen

This recipe takes 10 mins to make and creates 2 servings.

* Protein: 90g
* Total Carbohydrate: 12g
* Total Fat: 72g
* Calories: 1040

What to Use

* Egg (pinch)
* Cayenne (hefty pinch)
* Parsley
* Fresh Veggies (.5 cups)
* Water (2.25 Cups)
* Beef Bouillon Cubes
* Clear Rice Noodles (2 oz)
* Serrated Beef (2 cups)

What to Use:

* Begin by using a small pot to bring clear rice ramen noodles and bouillon cubes to a boil.
* Cook this mixture for three minutes or until your noodles start to boil and reach desired tenderness. At this time you may add vegetables, which are optional.
* If you like a little spice in your meal add a little cayenne. You also have the option of breaking an egg into soup, stirring quickly to mix. Be sure to stir until the egg is mixed and cooked fully.
* Add beef toward end of cooking time.

Quick Gluten Free Ramen

This recipe takes 10 mins to prep, 10 mins to make and makes 2 servings.

* Protein: 12g
* Total Carbohydrate: 45g
* Total Fat: 4g
* Calories: 350

What to Use:

* Cucumber (half)
* Small Carrot (1)
* Thick Rice Noodle (1 package)
* Sliced Shiitake Mushrooms (5 oz)
* Coconut Oil (1 tbsp)
* Ginger (1 tsp)
* Green Onions (2)
* Maple Syrup (1 tbls)
* Tamari (.25)
* Garlic Cloves (2)

What to Do:

* Chop the veggies.
* Combine ginger, garlic and green onions with maple syrup and tamari.
* Cook rice noodles according to instructions on packaging.
* Use the coconut oil and brown the shiitake mushrooms with the sauce mix.
* Drain the noodles and combine in individual bowls with the sauce.
* Enjoy.

No Noodle Soup

This recipe takes 10 mins prep, 20 mins to make and makes 8 servings.

* Protein: 33g
* Total Carbohydrate: 4g
* Total Fat: 40g
* Calories: 509

What to Use:

* Green Cabbage (2 cups)
* Shredded Rotisserie Chicken (1.5 cups)
* Carrot (1)
* Chicken Broth (8 cups)
* Ground Black Pepper (.25 tsp)
* Salt (1 tsp)
* Dried Parsley (2 tsp)
* Dried Minced Onion (2 tbls)
* Minced Garlic Cloves (2)
* Sliced Mushrooms (6 oz)
* Celery Stalks (2)
* Butter (4 oz)

What to Do:

* In a large pot on low heat, melt the butter.
* Take dried onion, sliced veggies and garlic and put them in the pot to saute on medium heat for about 3 mins.
* Now add the broth to the pot, along with parsley, salt and pepper. Simmer until the veggies are soft.
* Add the cabbage and chicken and simmer for an additional 8 to 12 mins.
* Serve and enjoy.

Veggie Noodle Chicken Ramen

This recipe takes 10 mins to prep, 20 mins to cook and makes 2 servings.

* Protein: 29g
* Total Carbohydrate: 3g
* Total Fat: 21g
* Calories: 347

What to Use:

* Lime Wedges
* Cilantro (2 tbls)
* Spiral Zucchini (4.5 oz)
* Thin Sliced Chicken Breast (6 oz)
* Dash Hot Sauce (1)
* Rice Vinegar (2 tbls)
* Soy Sauce (.25 cups)
* Chicken Stock (2 cups)
* Ginger (1 tsp)
* Garlic (1 tsp)
* Onion (1)
* Chile Sesame Oil (1 tbls)
* Eggs (2)

What to Do:

* Place a saucer over each of the bowls to seal in the heat and let stand a couple of minutes.
* In order to enjoy this simple gluten free meal begin by using a small boiler to cut your eggs. Be sure that when boiling the eggs the water covers the eggs. After the eggs have boiled quickly place them in to cold water. Take time to peel them being mindful that these are soft boiled. Once eggs are boiled simply set them to the side until later. Next, heat the chile oil and sesame oil on high in a skillet. You will add the flavor to your meal when you add the onion, garlic and ginger to your sesame and chile oil.
* For even more flavor now add the chicken stock, soy sauce rice vinegar cilantro and for that special flavor add hot sauce.
* Bring all ingredients to a boil. Let the ingredients boil for a while then reduce heat to a simmer and add chicken breast and zucchini noodles. Again, let the ingredients simmer until chicken is cooked and noodles are tender.
* The only thing left to do is divide the noodles up between two bowls, arrange half the chicken in each bowl and do the same with the eggs.
* Spoon the broth over carefully cover each bowl with a saucer. If you can let the food stand for a couple of minutes and then enjoy!

Sriracha Non- Gluten Ramen Dish

This recipe takes 10 mins prep, 21 mins to cook and makes 4 servings. A Gluten free Faux Ramen meal is a meal to savor as a main course. Before starting this meal you may want to visit your local grocery store as some of the items may not just be available in your pantry. The first major purchase should be gluten free chicken broth and adzuki bean spaghetti.

* Protein: 33g
* Total Carbohydrate: 27g
* Total Fat: 12g
* Calories: 342

What to Use:

* Sriracha
* Fresno (1)
* Bean Sprouts (.5 cup)
* Eggs(4)
* Sesame Oil (1 tsp)
* Gluten Free Soy Sauce (2 tbls)
* Sake (.5 cup)
* Package of Dried Mushrooms
* Gluten free Chicken Broth (3 cups)
* Peeled and Grated Carrot (2)
* Slice Green Onions (4) (separate white parts and green)
* Grated Ginger (1 tbls)
* Mince Garlic Cloves (2)
* Grapeseed Oil (1 tbls)Baking Soda (2 tbls)
* Explore Cuisine Adzuki bean spaghetti
* Kosher salt (2 tbls)

What to Do:

* Once you have your ingredients all lined up begin by binging a large pot of water to boil. Once the water begins to boil add the spaghetti and cook for about 6 minutes.
* When the spaghetti is ready drain and set aside. It is time then to begin making the broth. To make the broth heat the oil in another soup pot. Cook using medium heat. Add the garlic, ginger and the white part of a green onion along with carrots.
* Cook this mixture until the vegetables are soft. This may vary based on how you prefer your vegetables. Mushy vegetables are not recommended.
* Next, add chicken broth, dried mushrooms ,soy sauce and sesame oil. You will want to cook about 10 minutes until the broth is hot and the mushrooms are tender. Add the spaghetti to the mixture and top it with peeled soft boiled eggs along with some parts of the green onions.
* Top it off with some bean sprouts, a few slices of pepper and a little sriracha to taste. This meal promises to be a new taste experience.

Gluten Free Sesame Garlic Ramen

This recipe take 10 mins to prep, 4 mins to cook and makes 2 servings. Gluten Free Ramen noodles with sesame garlic greens is a healthy meal which is very simple to make.

* Protein: 5g
* Total Carbohydrate: 55g
* Total Fat: 12g
* Calories: 350

What to Use:

* Toasted Sesame Seeds (2 tsp)
* Minced Garlic Clove (1)
* Fresh Lemon Juice (2 tsp)
* Low Sodium Soy Sauce (1 tbls)
* Sesame Oil (1 tbls)
* Shredded Carrots (.25 cups)
* Diced Marinated Artichoke Hearts (.5 cup)
* Rinsed and Chopped Swiss Chard (1 cup)
* Millet and Brown Rice Ramen Noodle Cake

What to Do:

* To cook the ramen use a large pot. Add two cups of water and place over high heat.
* Simply drop the ramen into the boiling water using a fork to separate the noodles.
* Boil the noodles for about 3 minutes. After the noodles are boiled drain them using a colander. The ramen noodles are the center of the recipe.
* Place the ramen in a large bowl and add the chards, artichokes and carrots followed by the oil, soy sauce, garlic and lemon juice which has been whisked together.
* Pour mixture over vegetables and gently toss. Place into two bowls top with sesame seeds and enjoy

Shirataki Ramen

This recipe takes 15 mins to prep, 15 mins to cook and makes 2 servings.

* Protein: 5g
* Total Carbohydrate: 6g
* Total Fat: 6g
* Calories: 217

What to Use:

* Salt and Pepper
* Shiitake Mushrooms
* Gluten Free Miso (1 tsp)
* Veggie Stock Cube (1)
* Shirataki Noodles (200 g)
* Sesame Seeds (1 tsp)
* Minced Ginger (.5 inches)
* Minced Garlic Clove (1)
* Diced Onion (1)
* Sesame Oil (2 tbls)
* Kimchi
* Baby Spinach

What to Do:

* Heat oil and add garlic, ginger sesame seeds and onion in a pan.
* Prepare the noodles as directed and then run under cold water.
* Once veggies have browned add noodles, miso, stock cube, mushrooms and enough water to cover it all.
* Turn heat to boil. Then reduce to simmer for 10 mins.
* Add salt and pepper to taste.
* Divy into serving bowls and add fresh greens, kimchi and other toppings.
* Enjoy.

#

# Chapter 9: Homemade Noodle Recipes

If you desire, you may use these recipes to make your own noodles instead of instant or store bought.

Homestyle Egg Noodles

This recipe makes 2 servings.

What to Use:

* All Purpose Flour (around 2 to 2.25 cups, puls additional flour)
* Egg (1) and Egg Yolks (2), lightly beaten
* Salt (just a pinch, or .5 tsp)
* Vegetable or Olive oil (1 tsp)
* Water (one -third cups)

What to Do:

* Mix 1.75 cups of flour in a large bowl with salt. Form a well in the center of the try ingredients.
* In a different bowl, add the egg ingredients, oil and water.
* Add the wet ingredients to the well in the dry ingredients and stir together until dough forms.
* On a clean surface, sprinkle flour. Then knead the dough until it is smooth and elastic in nature.
* Cover with saran wrap and let sit for 10 mins.
* Next, divy up the dough into about 4 smaller manageable clumps.
* Four your clean surface yet again and roll a dough portion out into a rectangle shape, about 12x9 inches.
* Dust both sides with more flour and let it stand for 20 mins.
* Repeat this process with each mound of dough.
* Roll the dough into a spiral, much like you would a swiss cake.
* The crosswise, maling .25 inch wide strips.
* Spread the rolls out and separate.
* Cook immediately, boiling for about 2 to 3 mins, or store for later.
* When cooking, it is best to test the noodles for doneness and stir occasionally.
* If storing (which is a good idea if you wish to make a large batch at once to use throughout the week), let the noodles dry for about and hour before placing them in a freezer bag. Place in the freezer and store for up to 8 months.

Chinese Noodles

This recipe takes 10 mins prep, 30 mins to cook and makes 3 servings.

* Protein: 11g
* Total Carbohydrate: 58g
* Total Fat: 0g
* Calories: 305

What to Use:

* Pinch of Salt
* 120 g of Water
* 250 High Gluten Flour

What to Do:

* Add flour and salt in a large mixing bowl then slowly add the water. Stir. Repeat process until there is no more flour left in the bowl.
* Knead dough. When your hands and bowl are clean then that means you are doing it right. Continue after that for another 10 mins.
* Cover the bowl with a wet towel cloth. Let it stay there for about 30 mins.
* Scatter flour on board and spread the dough by rolling it out into a paper thin rectangular shape.
* Keep the dough covered with flour.
* Fold your dough wrapper with .5cm of dough and each fold spread the surface with flour.
* Cut up the folded dough into strips.
* Sprinkle more flour on surfaces as you handle the noodles.
* Unfold them out and shake excess flour.
* Cook immediately, boiling for about 2 to 3 mins, or store for later.
* When cooking, it is best to test the noodles for doneness and stir occasionally.
* If storing (which is a good idea if you wish to make a large batch at once to use throughout the week), let the noodles dry for about and hour before placing them in a freezer bag. Place in the freezer and store for up to 8 months.

# Chapter 10: Ramen Sides Recipes

This chapter will look at recipes that go well with ramen, as well as, side dishes that incorporate ramen.

Ramen Wraps

This recipe takes 10 mins to prep, 15 mins to make and makes 6 servings.

* Protein: 24g
* Total Carbohydrate: 48g
* Total Fat: 6g
* Calories: 340

What to Use:

* Chopped Cilantro (4 tbls)
* Collard Greens or Lettuce Leaves
* Salt
* Pepper
* Peele, Fine Chopped Ginger (.5 inch piece)
* Red Chili Pepper (2 tbls)
* Minced Garlic Cloves (2)
* Sesame Oil ( 4 tsp)
* Cayenne Pepper ( pinch)
* Chili Powder (.25 tsp)
* Raw Honey (2 tbls)
* Gluten Free Soy Sauce (3 tbls)
* Lage Cucumber (seeded, dices) (1)
* Carrots (2 shredded)
* Thin Sliced Scallions (2)
* Thin Sliced Red Radishes (2)
* Thin Sliced Green Bell Peppers (2)
* Thin Sliced Red Bell Peppers (2)
* Cooked, Skinless, Boneless Chicken Breasts, Shredded (4)
* Crushed Packets of Ramen Noodles (4)

What to Do:

* Cook noodles as instructed, but discard seasoning packs or store for later.
* Whisk honey, soy sauce, chili powder, sesame oil, cayenne pepper, garlic, chili sauce, salt, pepper, and ginger in a small bowl.
* In a different bowl, add the chicken, veggies, and noodles together in a big bowl.
* Pour sauce over the noodle mix. Stix and then spoon servings into collard or lettuce leaves.
* Wrap and serve.

Ramen Trail Mix

This recipe takes about an hour to make and makes about 6 servings.

* Protein: 14g
* Total Carbohydrate: 41g
* Total Fat: 29g
* Calories: 450

What to Use:

* Salt
* Pepper
* Chili Powder (.25 tsp)
* Curry Powder (1 tsp)
* Olive Oil (3 tbls)
* Whole Grain Cereal (1.5 cups)
* Pumpkin Seeds (.5 cups)
* Chopped Cashews (.75 cups)
* Almonds (.75 cups)
* Ramen Packs (2)

What to Do:

* Begin by preheating your oven to 400F.
* Break Ramen into bite sized pieces.
* Toss everything in a large bowl together.
* Bake on a rimmed baking sheet for about 4 mins or so, before stirring the mixture again, then continue to cook for another 4 to 5 mins.
* Remove from oven and let it cool for about 30 mins, then serve.

Ramen Coleslaw

This recipe takes about 10 mins to prep, 10 mins to make and creates 6 servings.

* Protein: 14g
* Total Carbohydrate: 66g
* Total Fat: 25g
* Calories: 520

What to Use:

* Salt
* Pepper
* Apple Cider Vinegar (one-third cup)
* Sesame Oil (.25 cups)
* Raw Honey (2 tbls)
* Sunflower Seeds (.5 cup)
* Chopped Cashews (1 cup)
* Thin Sliced Scallions (4)
* Finely Chopped Romaine Lettuce (1 head)
* Bag Coleslaw Mix (1)
* Crushed Ramen Noodle Packs (4)

What to Do:

* Cook noodles as directed but discard seasoning packets.
* In a large bowl, combine coleslaw, lettuce, scallions, cashews, sunflower seeds, and noodles.
* Mix.
* Add honey, vinegar, oil, salt and pepper in a different bowl.
* Drizzle the honey mixture over the slaw, then you’re ready to eat.
* Enjoy.

Instant Pot Soft Boiled Eggs

This recipe takes 10 mins to prep, 2 mins to cook and makes 4 servings. You may also soak them in a marinade for 8 hrs for additional flavor.

* Protein: 7g
* Total Carbohydrate: 48g
* Total Fat: 13g
* Calories: 330

What to Use:

* Water (1.75 cups)
* Rice Vinegar (.25 cups)
* Low Sodium Soy Sauce (.25 cups)
* Eggs (4 to 6)

What to Do:

* Optional: Whisk together the soy sauce, rice vinegar, and .75 cups of water. (This is marinade)
* Put ice water into a bowl large enough for several eggs.
* Put 1 cup of water into the insta pot. Put in the bottom rack and place the eggs on top of that. Set on high pressure, manual. Cook for 2 mins.
* Set vent to sealing.
* Be sure to release pressure immediately and take them out after the 2 mins because you can easily cause the eggs to transition to hard boiled.
* Place them into ice water for about 3 to 5 mins.
* At this point you can be done, or you can place the eggs in the marinade you made earlier. Let it sit in the marinade for about 8 hrs.

Black Bean Ramen Pilaf

This recipe take 25 mins to prepare and makes 6 servings.

* Protein: 7g
* Total Carbohydrate: 48g
* Total Fat: 13g
* Calories: 330

What to Use:

* Salt
* Pepper
* Bell Peppers (1 cup)
* Granulated Garlic (2 tsp)
* Onion Flakes (1 tbls)
* Canned Black Beans (.25 cups)
* White Rice (1 cup)
* Beef Broth (.5 cup)
* Hot Water (2 cups)
* Ramen Noodles (2 packs)
* Butter (.25 cups)

What to Do:

* Break up the ramen noodles and cook in buttered skillet until light brown.
* Then add the water, seasoning, rice, and bouillon.
* Cover the mixture and cook for 20 mins.
* Add bell peppers.
* Stir and serve.

Corn and Basil Feta Slaw

This recipe takes 40 mins and makes 4 servings.

* Protein: 7g
* Total Carbohydrate: 18g
* Total Fat: 60g
* Calories: 630

What to Use:

* Fresh Basil Leaves (5)
* Crumbled Feta Cheese (4 oz)
* Slaw Mix (1 bag)
* Chicken Broth (.25 cups)
* Balsamic Vinegar (third of a cup)
* Sesame Oil (.5 cup)
* Ramen Noodles (1 pack)
* Dried Parsley (1 tsp)
* Butter (1 stick)
* Corn (3 ears)

What to Do:

* To get started preheat the grill to a medium-high heat, then mix the melted butter with parsley. Remember when using corn cobs be sure to stripped all the silks, and after brush each one with the butter-parsley mix. Using aluminum foil and Individually wrap the corn cobs.
* Next place the wrapped corn cobs on the grill directly over the heat and turn them about every 4-5 minutes. It should only take about 15 minutes for the cobs to be done.Please note that every grill can be different so remember to check then.
* Now it’s time to mix the sesame oil, vinegar, chicken broth and ramen seasoning. When the corn cobs are ready, let them cool , then cut the corn off with a sharp knife.
* Last combine the slaw mix, corn, ramen noodles,dressing and basil in a large bowl, add the fera, toss gently and serve.

Pickled Cucumbers

This recipe takes 5 mins to prep, it takes 5 mins to cook and makes 2 servings.

* Protein: .7g
* Total Carbohydrate: 20g
* Total Fat: 0g
* Calories: 88

What to Use:

* Bell Pepper
* Whole Cherry Tomatoes
* Sliced Onion or Green Onion (.5 cup)
* Cucumbers (2 cups)
* Salt (1 to 2 tsp to taste)
* Sugar (optional, one third cup)
* Vinegar (one third cup)
* Water (1 cup)

What to Do:

* Combine water, vinegar, salt and sugar if you choose into a bowl. Stir.
* When the sugar and salt dissolve, add veggies.
* All the veggies should be covered in your brine.
* Let it rest in the fridge and cool and soak up overnight for better flavor.

Tamagoyaki (Rolled Omelette)

This recipe takes 5 mins to prep, 10 mins to cook and makes 2 servings.

* Protein: 15g
* Total Carbohydrate: 12g
* Total Fat: 11g
* Calories: 206

What to Use:

* Oil (1 tsp)
* Mirin (1 tbls) or Sugar (pinch)
* Soy Sauce (.25 tsp soy sauce)
* Salt (pinch)
* Eggs (4)

What to Do:

* Combine mirin, soy sauce, eggs and salt in a bowl. Mix.
* Heat a frying pan to medium heat and add oil. (There are special pans for this but a regular pan will do as well.)
* Pour a thin layer of the egg mixture into the pan until covered. Let it sit just a bit until the egg still has liquid on the top layer but has solidified on the bottom, but not too much.
* Start at one end and roll the egg to the other end forming a log.
* Add more egg to the pan until it is covered yet again. Roll again but this time from the already formed roll onto the newly cooked egg.
* Roll to the other side. Now you have one larger roll on the other side of the pan.
* Repeat this process until all the egg is used.
* Remove from the skillet and let it sit for about 4 mins.
* Slice the long into thick pieces and serve.

Onigiri (Rice Ball)

This recipe takes 10 mins to prep, 10 mins to cook and makes 6 servings.

* Protein: 16g
* Total Carbohydrate: 38g
* Total Fat: 1g
* Calories: 245

What to Use:

* Canned Tuna (95 g)
* Seaweed Sheets (1)
* Mirin (.5 tsp)
* Soy Sauce (.5 tsp)
* Bonito Flakes (.35 oz)
* Pickled Plum (1 seeded)
* Uncooked Rice (3 cups)

What to Do:

* Cook 3 cups of rice then move it from its cooking device or pot to let it cool so you can work with it.
* Deseed the plum and divide into three chunks.
* Put bonito into a mixing bowl and add soy sauce and mirin.
* Mix tuna with mayo.
* Then prepare the seaweed sheet.
* Place cling wrap over a bowl and put half cup of rice on top then place desire filling in the middle.
* Then top the other half with more rice, about half a cup.
* Wrap the cling wrap over the rice ball and form ball more coherently into a triangle.
* Cover the bottom of the rice triangle with the seaweed sheet and move to the side, repeat until through.

Eggplant with Ponzu Sauce

This recipe take 10 mins to pre, 20 mins to make and makes 2 servings.

* Protein: 1g
* Total Carbohydrate: 6.7g
* Total Fat: 7g
* Calories: 92

What to Use:

* Konbucha (.25 tsp, note: this is not kombucha the drink)
* Sesame Oil (1 tbls)
* Ponzu (2 tbls)
* Japanese Eggplant
* Sesame Oil (1 tbls)
* Shiso Leaves (5)
* Chopped Green Onions (2)

What to Do:

* In a bowl, add all the seasonings and store in the fridge until it is time to serve.
* On high heat, heat the oil and fry sliced eggplant, quarter inch thickness should suffice. Brown on both sides.
* Place on a plate or serving dish and sprinkle onions and bring out your wet seasoning dip, or dizzle it over the eggplants.
* Enjoy

Kinpira Gobo

This recipe takes 15 mins to prep, 15 mins to cook and makes 4 servings.

* Protein: 1.19g
* Total Carbohydrate: 14.25g
* Total Fat: 3g
* Calories: 97

What to Use:

* Korean Chili Thread (optional)
* Soy Sauce (1.5 tbls)
* Mirin (1 tbls)
* Sugar (1 tbls)
* Sake (2 tbls)
* Dashi (.75 cups)
* Japanese Chili Pepper (optional)
* White Sesame Seeds (1 tbls)
* Sesame Oil (2 tsp)
* Neutral Flavor Oil (1 tbls)
* Carrot (one third)
* Gobo (Burdock Root) (1)

What to Do:

* Peel the burdock root. Slice thinly in 2 inch pieces.
* Soak in water or vinegar water (with just a single drop of vinegar).
* You may need to change the water a couple of times. Do so until the water is clean.
* Leave it submerged until you are ready to cook.
* Cut carrots into similar strips.
* Fry the root by itself for a few minutes then toss carrots in the oil right with the root.
* Add seasonings and cook until most of the liquid is gone.
* Add toppings, sesame oil and seeds.

Boiled Squid in a Miso Vinaigrette

This recipe takes 20 mins prep, 5 mins to cook and makes 2 servings.

* Protein: 15g
* Total Carbohydrate: 6g
* Total Fat: 6g
* Calories: 149

What to Use:

* Japanese Hot Mustard (optional)
* Mirin (.5 tsp)
* Sugar (2 tbls)
* Rice Vinegar (2 tbls)
* White Miso (2 tbls)
* Kosher Salt
* Green Onions (3)
* Spear Squid (2)

What to Do:

* Find prepared squid from a fishmonger and have it cut into rings.
* Boil the squid until it is completely white. Cool in iced water.
* In a separate pot boil water with salt and soak the green onion at the white parts for 10 secs. Push the onion down into the boiling water fully for just a few more seconds.
* Let the onion cool then cut it up.
* Combine all the ingredients for the vinaigrette, mirin, vinegar, sugar, and miso (also hot mustard).
* Serve.

# Conclusion

The world of ramen is fun and vast. Hopefully, this book gave you valuable insight on recipes and a place to start on your journey or a place to expand on your pre-existing knowledge. Use this book to your advantage. Go back and play with recipes, add or subtract. Write down ingredients that are your favorite and play with serving sizes.

This old tradition has many faces and the possibilities go far beyond just 100.