

## RAINBOW RAMEN WITH CHILI-GARLIC CITRUS BROTH

NAME OF DISH

### INGREDIENTS

- \* 1 single-serve ramen noodle brick
- \* 2 teaspoons vegetable oil
- \* 2 tablespoons minced garlic
- \* 1 diced bell peppers
- \* 1 cup shredded carrots
- \* 1/4 c lemon juice
- \* 1 cup sliced mushrooms
- \* 1 cup sliced zucchini
- \* 1 teaspoon chili-garlic paste
- \* 1/2 teaspoon soy sauce
- \* 2 cups low-sodium chicken broth
- \* 1 teaspoon brown sugar
- \* 2 tablespoons finely chopped fresh cilantro

**Servings:** 1

**Serving size:** 2 cups (490 grams)

**Prep time:** 10 minutes

**Cooking time:** 15 minutes



### INSTRUCTIONS

Boil 2 cups of water. Pour over ramen noodle brick and soak for 10 minutes. Drain noodles and set aside. Add vegetable oil and garlic to skillet and cook for 30 minutes. Stir in peppers and carrots. Cover and cook over 2 minutes. Reduce heat to low and stir in lemon juice. Cover and cook 2 more minutes. Stir in mushrooms, zucchini, chili-garlic paste and soy sauce. Cook uncovered 3-4 minutes. Add noodles to pan and stir together. Add broth and brown sugar. Heat 2 more minutes. Turn off heat and stir in cilantro.

RECIPE COURTESY OF SHARA AARON, ST. MARY MEDICAL CENTER

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