Beef Ramen Noodle Bowl

35 MIN	4 SERVINGS	360 CAL	31 G PROTEIN



Total Time: 35 min

Ingredients:

- [ ] 1 beef Top Sirloin Steak Boneless, cut 1 inch thick (1 pound)
- [ ] 1 teaspoon pepper
- [ ] 2 packages (3 ounces each) beef or Oriental-flavored ramen noodles
- [ ] 2 teaspoons vegetable oil, divided
- [ ] 4 cups water
- [ ] 1/2 cup finely chopped onion
- [ ] 2 tablespoons minced garlic
- [ ] 1 tablespoon grated fresh ginger
- [ ] 1 tablespoon miso paste (optional)

Toppings:

- [ ] Boiled egg, shredded carrots, bean sprouts, sugar snap peas, fresh mushrooms, green onion, baby spinach or bamboo shoots (optional)

Garnish:

- [ ] Cilantro or basil, hot chili sauce, pickled ginger, sesame seeds, dried seaweed (nori), lime wedges (optional)

Cooking:

1. Cut beef Top Sirloin Steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine beef, pepper and 1/2 teaspoon seasoning from 1 ramen noodle package. Reserve remaining seasoning from packet for broth; discard second seasoning packet.

   Cook's Tip:
   1 package (1 pound) presliced beef (1/8 to 1/4 inch thick) may be substituted.

2. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Stir-fry half of beef 1 to 2 minutes or until beef reaches an internal temperature for medium rare (145°F), stirring occasionally.

Remove from skillet. Repeat with remaining 1 teaspoon oil and beef. Remove from skillet; keep warm.

3 Combine water, onion, garlic, ginger and reserved seasoning from packet in same skillet. Bring to a boil; reduce heat and simmer 2 minutes. Add noodles. Bring liquid to a boil; reduce heat and cook according to package directions or until noodles are al dente, about 3 minutes. Stir in beef; add miso, toppings and garnishes, as desired.

Cook's Tip: If not using miso paste, use both seasoning packets from ramen noodles. Add second packet to broth in step 2.

Test Kitchen Tips

Use the pan size specified in the recipe. If the pan is too small, the beef will be crowded and browning will be inhibited. If the pan is too large, overcooking may result.

BEEF
Funded by Beef Farmers and Ranchers