



## Pork and Beans

Servings: 5

### Ingredients:

- 1 tablespoon olive oil
- ½ cup onion, chopped
- 1 teaspoon garlic powder
- 4 cups water
- 1 (15.5-ounce) can great northern beans, rinsed and drained
- 2 packets ramen noodle, 1 seasoning packet needed  
\*Pork ramen noodles are suggested for flavor.
- 1 (12-ounce) can luncheon meat like Spam, diced
- Salt and pepper to taste

### Directions:

1. In a pot over medium high heat cook onions and garlic in oil until soft, stirring often (approximately 2 minutes).
2. Add water, one seasoning packet, beans, and spam to pot and heat to boiling.
3. Reduce heat, add noodles, and cook until noodles are done (approximately 2 minutes). Add salt or pepper if desired.
4. Let cool slightly before serving.
5. Refrigerate leftovers immediately.

## Running out of money for food?

Contact your local food stamp office  
or go online to:  
[dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp).

## Safety tip:

- Use potholders when microwaving food to keep from burning yourself.





## Chicken Alfredo with Broccoli

Servings: 8

### Ingredients:

- 5 packages ramen noodles, without seasoning packages
- 1 (10.75-ounce) can fat-free cream of mushroom soup, condensed
- 1 (10.75-ounce) can reduced fat cheddar broccoli soup, condensed
- 1 cup nonfat milk
- 1 (10-ounce) can chunked chicken, drained
- Salt and pepper to taste

### Directions:

1. Cook ramen noodles as directed by package without seasoning packets. Drain and set aside.
2. Mix remaining ingredients in a microwave-safe dish and heat until hot.
3. Stir ramen noodles into soup mixture and serve hot.
4. Refrigerate leftovers immediately.

## Mock Chicken and Noodles

Servings: 4

### Ingredients:

- 1 (10.5-ounce) can clam chowder, condensed
- 1 (15-ounce) can mixed vegetables, drained
- 2 cups water
- 1 package ramen noodles, no seasoning package needed

### Directions:

1. In a microwave-safe bowl mix water, chowder, and vegetables and cook for 2 minutes.
2. Add noodles to chowder mixture and cook in microwave for 2 minutes.
3. Serve hot. Refrigerate leftovers immediately.

## MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= $\frac{1}{4}$ cup
5 $\frac{1}{8}$ tablespoons	= $\frac{1}{3}$ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon



## Additional cooking tips:

If you have fresh or frozen chicken (poultry) instead of canned follow the preparation instructions below, let cool and shred before adding to recipes.

- o Wash hands before and after handling poultry.
- o Completely thaw poultry before cooking so that it cooks more evenly. Defrost in the refrigerator, in cold water, or in the microwave. Never defrost food at room temperature! Food thawed in cold water or in the microwave should be cooked immediately.
- o Cook poultry until it reaches a safe internal temperature of 165 degrees F. Use a food thermometer - you can't tell it is cooked by looking!
- o Never place cooked food on a plate that previously held raw poultry or meat.
- o Rinsing poultry under water is not a safety step! Cooking to a safe internal temperature of 165 degrees F is what will kill pathogens that could cause illness.

## Chicken Skillet Dinner

Servings: 6

### Ingredients:

- 1 (10.5-ounce) can cream of chicken soup, condensed
- 2 packages ramen noodles, only 1 seasoning packet needed
- 2 cups water
- 1 (15-ounce) can mixed vegetables, drained
- 1 (10-ounce) can chunk chicken, drained
- ¼ cup shredded cheddar cheese

### Directions:

1. In a large skillet, heat water, soup and 1 seasoning packet, bring to a boil over medium-high heat.
2. Add vegetables and chicken, cook for two minutes.
3. Add noodles and cheese, cook until noodles are done (approximately 2 minutes).
4. Let cool slightly before serving.
5. Refrigerate leftovers immediately.

## Season packet ideas

- o Save unused seasoning packets and use in place of bouillon cubes when making broth.
- o For an added flavor boost add a flavor packet when boiling foods such as rice, vegetables, and pasta.
- o Make a quick dip for vegetable dip by mixing a seasoning packet with a cup of fat-free sour cream or plain yogurt.
- o Use a spicy chili Ramen noodle flavor packet when making a pot of chili.
- o Use seasoning packets to make salad dressing or gravy.
- o If you like flavored popcorn sprinkle some of a seasoning packet on a fresh batch of popcorn instead of salt.
- o Use a seasoning packet when making homemade croutons.





## Ramen Haystacks

Servings: makes 12 stacks

### Ingredients:

- 1 cup chocolate chips
- 1 tablespoon peanut butter
- 1 unprepared packet of Ramen noodles (flavor packet not needed)

### Directions:

1. Put chips and peanut butter in a casserole dish and cover with plastic wrap. Microwave at 50% power for 3 to 5 minutes until chips are smooth and shiny.
2. Then break apart Ramen noodles and add to the chocolate mixture.
3. Scoop small spoonfuls of the mixture onto a cookie sheet with wax paper on it and refrigerate until set (approximately 10 minutes).
4. Keep refrigerated until serving.

### We hope you enjoy the recipes!

For additional information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at [missourifamilies.org](http://missourifamilies.org).

## COOKING TERMS

**BOIL:** To heat a liquid until bubbles break continually on the surface.

**CHOP:** to cut solids into pieces with a sharp knife or other chopping device. Finely chop is just chopping solids into small pieces.

**DICE:** To cut food into small cubes of uniform size and shape.

**SAUTÉ:** To cook and/or brown food in a small amount of hot fat.

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