

Peanut Thai Ramen

6 servings

To help reduce your grocery budget, plan to shop no more than once per week. Usually, the more trips you make to the store, the more money you spend.



- 2 packages ramen noodles
- 2 cups frozen stir-fry vegetables
- 1/4 cup peanut butter
- 1/3 cup hot water
- 1/4 teaspoon red pepper flakes
- 1 teaspoon sugar

1. Wash hands with soap and water.
2. Set ramen seasoning aside.*
3. Bring 4 cups of water to a boil. Add noodles and frozen vegetables.
4. Cook for 3 minutes. Stir occasionally. Drain.
5. In a medium bowl, whisk together peanut butter, hot water, pepper flakes, and sugar. Add seasoning, if desired.
6. Add noodles and vegetables to the sauce. Toss.
7. Store leftovers in a sealed container for up to four days.

NOTE: Add cooked chicken breast or shrimp for added protein.

*Do not use or use only one packet for a lower sodium meal.

Nutrition Information per Serving: (1/6 of recipe) Calories 180, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 260mg, Total Carbohydrate 25g, Dietary Fiber 2g, Sugars 4g, includes 1g Added Sugars, Protein 6g, Vitamin D 0%, Calcium 2%, Iron 8%, Potassium 2%.