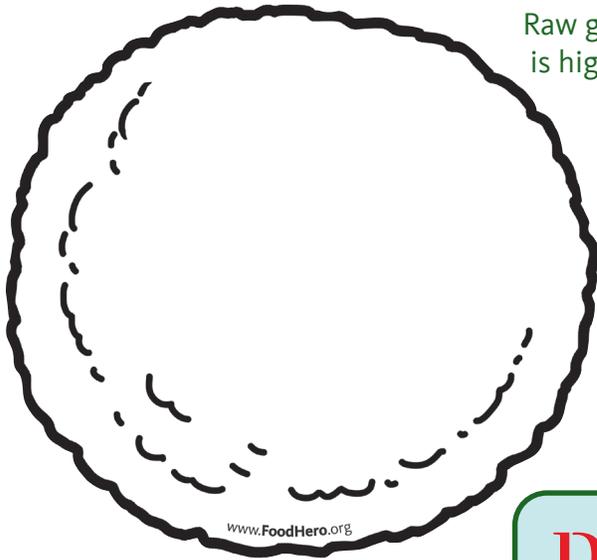
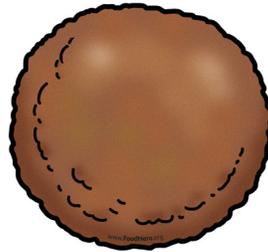




Fun with Beef!



Color in the meatball!
Raw ground beef is red because it is high in iron, a reddish mineral.



Garlic Ginger Ramen with Beef



Ingredients

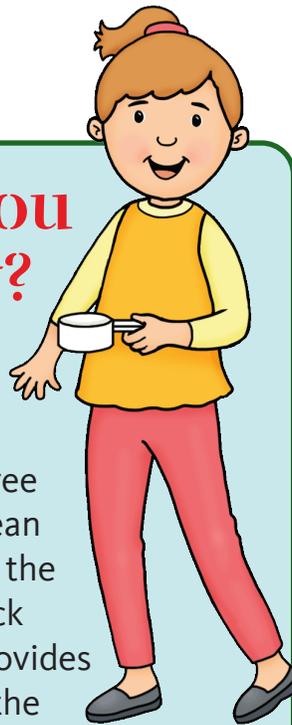
- ½ pound lean **ground beef**
- 2 cups **water**
- 2 packages beef flavor instant **ramen noodles** broken into pieces
- 16 ounces frozen mixed **vegetables**
- 2 green onions, thinly sliced
- 1 Tablespoon fresh **ginger** or ¼ teaspoon ground ginger
- 2 cloves **garlic** minced or ½ teaspoon garlic powder

Directions

1. Wash hands with soap and water.
2. In a large skillet over medium high heat (350 degrees F in an electric skillet), brown ground beef and cook until no longer pink. Drain fat.
3. Add 2 cups of water and ONE seasoning packet to cooked beef and mix well.
4. Add frozen vegetables, green onion, ginger, and garlic and bring to a boil over high heat.
5. Add ramen noodles, reduce heat to low, and simmer 3 to 5 minutes until vegetables are tender, stirring occasionally.
6. Refrigerate leftovers within 2 hours.

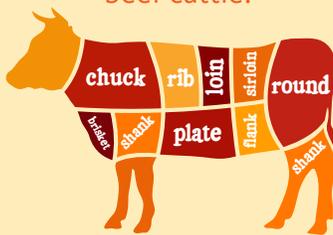
Did you know?

Beef is an excellent source of protein! Three ounces of lean beef (about the size of a deck of cards) provides nearly half the protein most people need in a day.



Take a guess!

In 2014, Oregon raised about how many beef cattle?



About 1,280,000!

Kids Can!



Food Hero Cooking Challenge

It's fun to taste food that you helped to make! You can help by:

- measuring ingredients.
- use a spatula to break up ground beef as it browns.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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