Style #2: Thai Soup: Tom Yum Goong

Prep Time: 5 min.  Cook Time: 10 min.  Yield: 3

Ingredients:
- 6 cups of water
- 3 Tbsp. Asian Shrimp Paste
- 2 Tsp. sugar
- (3) packets of shrimp instant ramen + (2) seasoning packets
- 6 large frozen shrimp
- 1 bell pepper, cut into strips
- 1 handful bean sprouts (about 1 cup)
- a few sprigs of cilantro, to taste
- 1 green onion stalk, thinly sliced
- 3 lime wedges (½ lime)

Instructions:
1. First, take the frozen shrimp and rinse under running water. Devein if desired. Set aside.
2. In a medium-sized pot, bring the water to a boil.
3. Add the shrimp paste and sugar.
4. Add the (3) instant noodles and (2) seasoning packets.
5. After about 2 minutes, add the sliced bell peppers.
6. Add the shrimp.
7. In serving bowls place the bean sprouts and green onions.
8. Cook until the ramen noodles have softened but are still “perky”.
9. Portion into the bowls of bean sprouts.
10. Pour over the broth and garnish with cilantro and a wedge of lime.

Total Cost of this meal: $8.75
or $2.92/person

Bell Peppers are an excellent source of plant pigments, called carotenoids. In our bodies these function as antioxidants helping protect body cells from damage caused by sunlight, pollutants, radiation or stress.

Their sweetness and crunchy texture make them versatile in any dish. Eat them at their ripest and in their raw state to reap the maximum health benefits.
Style #3: Japanese Ramen (Vegetarian)

Prep Time: 15 min.  Cook Time: 10 min.  Yield: 3

Soft-Boiled Egg (can always prepare a day in advance):
- Hot water - enough to cover the top of the eggs
- (3) room temperature eggs
- timer
- slotted spoon
- ice bath (= ice + water)

Instructions:
1. Bring a pot of water to a simmer (this means gentle streams of bubbles -- not a rolling boil)
2. Prepare a timer set for 6 minutes, and a medium-sized bowl of ice. Cover the ice in water.
3. Place the eggs into the simmering water, and start the timer.
4. Adjust the temperature so the boiling water is at a gentle roll.
5. Once the timer goes off, use the slotted spoon to pull out the eggs and shock them in the ice bath.
6. Allow to cool for a few minutes, while you prepare the noodles.

Ramen:
- 6 cups of water
- ¼ yellow onion, julienned
- garlic, minced
- 3 Tbsp. miso paste
- 1 Tbsp. peanut butter
- 1 Tbsp. sugar
- (3) packets of Oriental-flavored instant ramen + (2) seasoning packets
- 1/2 cup frozen corn
- 1 cup spinach
- 2 green onion stalks, sliced thinly
- pickled ginger
- (3) soft-boiled eggs

Instructions:
1. Add the water, yellow onions, garlic, miso paste, peanut butter, and sugar to a medium-sized pot and bring to a boil.
2. Once boiling, add the (3) instant noodles and (2) seasoning packets.
3. After about 2 minutes, add the corn.
4. Cook the noodles until they have softened but are still ‘perky’.
5. Add the spinach and cook until just wilted.
6. Portion into serving bowls and garnish with green onions, pickled ginger, and the soft-boiled egg.

Iron is an essential component in red blood cells that helps carry oxygen from your lungs to your body cells. This is necessary to create energy in the body and function normally.

Spinach contains about 0.8mg of iron in 1 cup. 18mg are recommended per day for the average person.

Total Cost of this meal: $7.20 or $2.40/person

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