

Ramen

This recipe makes 4 large servings



Ingredients

1-12 oz pkg ramen noodles(discard the flavor packet) We like Lotus brand
2 inches fresh ginger diced
12 cloves of garlic diced
1 cup water
¼ cup apple cider vinegar
¼ cup tahini
4 tsp maple syrup
6 tbsp miso paste
4 green onions thinly sliced
2 carrots sliced thinly and diced
2 cups cilantro chopped
6 cups mushrooms
3 cups peas
3 cups chopped spinach

Directions:

Make the broth

1. Heat a large saute pan over medium heat. Add 2 tablespoons of water, then add the minced garlic and grated ginger. Saute for about 2 minutes, stirring occasionally, until fragrant.
2. Add the water, rice vinegar, tahini, and maple syrup to the pan. Stir well to ensure the tahini is fully dissolved into the liquid.
3. Let the mixture cook for 3 more minutes, stirring frequently to prevent sticking.
4. Turn off the heat and immediately whisk in the miso paste until fully dissolved. If needed, add a small amount of water to achieve a smooth consistency. It does not need to be a thin broth if you are freeze-drying it.
6. While the broth is cooking, thinly slice the green onions, and mushrooms, dice the carrots, and chop the cilantro and spinach. Measure out the peas.
7. Add parchment paper to all of your trays
8. Add vegetables to trays. We had 3 trays full of vegetables
9. Add ramen noodles to 1 tray and add dividers in the 4-portion setting
10. Pour your broth mixture onto a tray and spread evenly. Place dividers in the 4 portion setting
11. Freeze Dry (my cycle was 32 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:Add 1 of your four divider portions of noodles or about 2 cups of noodles to a jar, mylar bag or bowl. Add ¼ of each vegetable you are using. (ie 1 ½ cups mushrooms, ¾ cup of peas etc) and 1 portion of your freeze-dried broth, or about 1 cup of freeze-dried broth chunks. Add hot water and let it sit, covered for about 10 minutes. This makes about 4 cups (large serving or enough for 2). Enjoy

Notes: We freeze-dried all of these ingredients separately and made a meal-in-a-jar recipe. You could cook and combine all the ingredients and freeze-dry it as a complete recipe. Use any vegetables you like, and you could add freeze-dried chicken or tofu. This is a great road trip or camping meal.

Nutritional Value Per 1 large serving

Calories: 584 Protein: 23 g Fat: 21 g Carbohydrates: 84 g Sugar: 24 g Fiber: 11 g