

Beef and Snap Pea Ramen

Ingredients

- 1 pound lean ground beef
- ½ white onion, diced
- ½ cup chopped mushrooms
- 3 cloves of minced garlic
- 2 TBS Worcestershire sauce to the skillet
- 3-4 TBS coconut aminos or low sodium soy sauce
- 16 oz of fresh sugar snap peas or snow peas
- 4 oz of japanese/ramen style noodles
- Water or beef broth to cook noodles

Optional Sides

- Frozen stir fry veggies

Directions

1. Cook Ramen noodles according to package instructions- I prefer to cook mine in beef broth for added flavor
2. Heat 2 TBS of olive oil in a large skillet.
3. Add frozen stir fry veggies to air fryer. Drizzle with soy sauce and 1 tsp garlic powder
4. Chop onion and add to the skillet with ground beef. Cook for 2-3 minutes. Add garlic, mushrooms and worcestershire sauce to the skillet and continue to cook until meat is cooked through.
5. Add ramen to boiling water or broth
6. Add sugar snap peas to the skillet with ground beef and onion. Add cooked ramen to the skillet with about ½ cup of liquid from cooking pasta.
7. Mix everything together well in the skillet. Add coconut aminos.
8. Remove veggies from the air fryer and enjoy!

MADE WITH LOVE

by Teresa Forehand