

MUSHROOM RAMEN

Time

20 minutes

Serves

2

Calories (per serving)

189

Carbs (per serving)

6g

Fat (per serving)

6g

Protein (per serving)

27g



Ingredients

- 3 cups fat free beef broth
- 2 tsp minced garlic
- 2 tsp minced ginger
- 1 tbsp Braggs amino
- Pinch of red pepper flakes (optional) to taste
- 2 cups thinly sliced mushrooms
- 1 cup thinly sliced celery
- 7 oz (200g) thinly sliced - lean top sirloin
- 1/4 tsp salt
- 1/4 tsp pepper
- 7 oz (200g) Miracle Noodles angel hair
- 1/4 cup thinly sliced - green onion to garnish (optional)

Method

In a large bowl or a medium saucepan, combine the beef broth, minced garlic, minced ginger, Braggs amino, and a pinch of red pepper flakes. Bring to a simmer over medium-low heat.

Heat a large skillet over medium-high heat and spray with a bit of coconut oil spray.

Add the mushrooms and celery to the pan and sauté until softened.

Add the thinly sliced sirloin, season with salt and pepper, and continue sautéing until the beef is cooked to desired level of doneness.

Divide the Miracle Noodles into two bowls and top each with half of the beef and vegetable mixture.

Ladle the broth over the noodles and beef, garnish with thinly sliced green onions, and serve.