

Asian Beef and Noodles

- 1/1/4 pounds ground beef**
- 2 packages ramen noodles**
- 3 cups vegetables**
- 1/4 teaspoon ginger**
- 2 tablespoons sliced green onion**
- 1 teaspoon sesame oil**
- 2 cups water**

Brown and break up ground beef. Cut up or thaw frozen vegetables. Add seasoning packets and the rest of the ingredients and simmer 3 minutes, stirring occasionally until water is absorbed.

I doubled the ground beef and used one package of noodles for 7 grams of carbs. Serves 4.