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**Happy New Year!** The days are getting longer again. But even though the light's returning, it's still cold where we are. Which puts us in the mood for soup! Soup with noodles or rice or beans; creamy soups or brothy soups; soups that are simple and comforting or soups with a lot of pizzazz; soups that use up whatever we've got in the refrigerator. We love this Instant Ramen Soup because it takes an easy, inexpensive ingredient—instant ramen—and adds just a few extras to turn it into a nourishing and delicious bowlful of dinner. Let us know if you think of other tasty additions to your ramen soup! We always want to hear from you.

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## Instant Ramen Soup

Ramen noodles are inexpensive and fun to make. Just skip the seasoning packet (which has more salt than we like to use) and add your own flavors—plus a few good-for-you ingredients to make your body happy. Kids Advisory Board member Yahmai tested it and said, “My brothers and sisters loved it and we are making it again. It is good for families on a budget.”

Hands-on Time: 15 minutes • Total Time: 15 minutes • Makes: 2 servings

### KITCHEN GEAR

- Small bowl
- Fork
- Small pot
- Large spoon

- Measuring spoons

## **INGREDIENTS**

- 1 large egg
- 1 (3-ounce) package instant ramen noodles (discard the seasoning packet)
- 1 handful baby spinach
- 1 tablespoon soy sauce
- 1 teaspoon sriracha or another hot sauce (if you like spicy)
- 2 scallions, roots trimmed off, green and white parts sliced

## **INSTRUCTIONS**

1. Crack the egg in the bowl and beat with the fork. Set aside.
2. Cook the ramen noodles according to the package directions.
3. When the noodles are cooked, don't drain them. Add the beaten egg and the spinach and stir well; the heat from the water will cook them almost immediately.
4. Add the soy sauce and hot sauce (if using). Taste the broth and add more seasonings if it needs them. Top with the scallions and eat right away.

## **Get Creative**

Add any or all of these to the pot when you add the noodles:

- 1 teaspoon toasted sesame oil
- 1 cup broccoli florets
- ½ cup cubed tofu (any kind)

- ½ cup sliced mushrooms

### **Too much soup?**

Most soups freeze well. Label resealable plastic bags and then fill them with the cooled soup. Press out all the air and seal. Lay them flat on a baking sheet in the freezer until they're frozen solid. After that, you can store them stacked up in the freezer or lined up side by side until you're ready to thaw and reheat them.



### **Video lesson**

[Learn how to crack an egg here!](#)

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## **Soup-er Fun Restaurant**

Here's a fun activity to try with your family: Pretend you are starting a soup restaurant. Make a menu listing the different kinds of soups you will serve, with a description of each soup and prices. You can also make a section with different topping options. Draw pictures of the ingredients in each soup. Come up with fun names for your soups, the toppings, and, of course, the restaurant itself. What are the ingredients of each person's dream soup?

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## **Craving more soup?**

Try these recipes!

[Broccoli Soup with Cheddar Cheese](#)

[Super Tomato Soup](#)

Tofu, Vegetable, and Rice Soup  
Cuban Black Bean Soup

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### **DID YOU KNOW?**

The ramen emoji, called “Steaming Bowl,” was added to the emoji dictionary in 2015. It shows a hot bowl of noodles and broth with a pair of chopsticks.



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