

Ramen Noodles with chicken on a Budget

This meal was created in the African American household when funds needed to be stretched to pay rent. You could feed a family of four with this delicious and inexpensive recipe.

Ingredients:

- 2 Bowls of instant Ramen noodles (any flavor)
- 1 chicken breast cut into bit size pieces
- 1 teaspoon of salt
- ½ to 1 teaspoon of cayenne pepper
- 1 teaspoon of garlic powder
- 1 tablespoon of soy sauce
- 2 scallions chopped
- ¼ cup of chopped fresh parsley
- 1 teaspoon of fresh minced garlic
- ½ cup of frozen mixed vegetables
- ½ to 1 tablespoon of sesame seeds
- 3 tablespoons of unsalted butter divided
- 1 to 1 ½ cups of water
- Optional a dash of hot sauce for extra flavor and heat

Instructions:

- Cut and season chicken breast with salt, garlic powder and cayenne pepper.
- In a non-stick frying pan, heat pan to med-high and add 1 tablespoon of butter and seasoned chicken to pan. Once the chicken is almost done, add another tablespoon of butter to pan until chicken is done.
- Removed chicken from pan a set aside in bowl. In the same pan, add 1 tablespoon of butter and broken ramen noodles to pan and brown. Once noodles have browned, add 1 cup of water, both seasoning packs and mixed vegetables to pan.
- Cook for 1 minute covered then stir in chicken, soy sauce, parsley, fresh garlic, scallions, additional water and sesame seeds and simmer covered for 4-5 minutes until noodles are done.
- Serves up to four. Add a dash of hot sauce for an extra kick of heat and flavor.