

Slow-Cooker Ramen



Servings: 4

1 pound boneless skinless chicken breast

1 onion, chopped

3 garlic cloves, minced

4 cups chicken stock

1/4 cup low sodium soy sauce

1/4 cup rice vinegar

1/2 cup milk

4 ounces mushrooms, sliced

1/2 teaspoon ground ginger

1/2 teaspoon black pepper

2 packages ramen noodles (3-oz each), seasoning discarded

Optional Toppings for Serving:

hard boiled egg

spinach

sesame oil

sesame seeds

sliced carrots

sliced green onions

To the slow-cooker add chicken, onion, garlic, chicken stock, soy sauce, rice vinegar, milk, mushrooms, ginger, and black pepper. Cover and cook on LOW for 3 hours.

After 3 hours remove chicken and thinly slice. Set aside.

To the slow-cooker add the ramen noodles. Cover and cook on HIGH for 5 minutes or until the noodles are cooked to your liking.

Add the ramen noodles to the bowl and ladle over the broth. Top with chicken and any other desired toppings.

Serve

Per Serving (excluding unknown items): 271 Calories; 7g Fat (23.9% calories from fat); 35g Protein; 15g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 921mg Sodium; 7g Total Sugars; trace Vitamin D; 64mg Calcium; 1mg Iron; 867mg Potassium; 392mg Phosphorus. Exchanges: .