

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

4 ounces mushrooms, quartered

1/2 teaspoon fresh ginger, grated

1/2 teaspoon black pepper

6 ounces ramen noodles (seasoning discarded)

Optional Toppings:

hard boiled egg

kale

carrots

green onion

sesame oil

sesame seeds

To the slow-cooker add chicken, onion, garlic, chicken stock, soy sauce, rice vinegar, 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): 252 Calories; 6g Fat (22.1% calories from fat); 34g Protein; 14g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 908mg Sodium; 6g Total Sugars; trace Vitamin D; 30mg Calcium; 1mg Iron; 825mg Potassium; 366mg Phosphorus. Exchanges: .