

SPAM STIR FRY NOODLES



INGREDIENTS:

- 7 oz (about 207.01 ml) luncheon meat/Spam
- 12 oz (about 354.88 ml) frozen stir fry vegetables
- 3 oz (about 88.72 ml) package instant ramen
- 1 tbsp cooking oil

DIRECTIONS:

1. Slice the luncheon meat into strips.
2. Add about a tablespoon of oil to a large skillet and heat over medium. Add the sliced luncheon meat and fry until brown and crispy.
3. Meanwhile, bring a small pot of water to a boil for the ramen noodles. Add the noodles (without the seasoning packet) and boil for about 3 minutes, or just until tender. Drain the noodles and set them aside.
4. Once the luncheon meat is crispy, turn the heat under the skillet up to medium-high and add the frozen vegetables. Continue to stir and cook until the vegetables are heated through.
5. Add the drained noodles and about half of the ramen seasoning packet to the skillet. Toss until everything is combined and coated in seasoning. Taste and add more seasoning if desired. Serve hot.

BALANCING MEAL IDEAS:

1. Use olive oil or avocado oil for a healthy oil option for this recipe
2. Choose “low sodium” luncheon meat or Spam if being mindful of salt intake
3. Choose another protein option if available (beef, chicken, tofu, veggie meat alternative, etc....)
4. Choose a frozen stir fry vegetable pack that has at least one leafy green vegetable (broccoli, spinach, cabbage, Bok choy, etc....) to increase number of vitamins in this meal

NOTES:

- The calculate cost of this meal is ~\$5.00
- Beach Pantry may have most of these ingredients available!

Reference: <https://www.budgetbytes.com/dollar-store-dinners-spam-stir-fry-noodles/>