



GIRL SCOUTS OF CITRUS COUNCIL NOODLE HEAD PATCH PROGRAM



Taco Ramen Bowl

Here is the list of ingredients:

1 packages of Chicken Flavor Ramen
2 cups of Water
15 oz Canned tomatoes, diced
2 tbsp Taco seasoning mix
1/2 cup Canned chicken
1/4 cup Crushed tortilla chips
1/2 cup Frozen corn (Or regular canned corn)
1/2 cup Shredded cheddar cheese
1 Tbs Sour cream
A pinch of Cilantro

Badge Steps Earned:

Brownies Snack Badge Steps: 1 & 2
Junior Simple Meals Steps: 1 & 5
Cadette New Cuisines Steps: 1 & 3
Senior Locavore Steps: 3 & 4
Ambassador Dinner Party Step: 3

A History of Instant Ramen Noodles:

Instant noodles were invented by the Taiwanese-Japanese inventor, Momofuku Ando, in Japan in 1958. The first instant noodles, Chicken Ramen, were first marketed by Ando's company, Nissin, on August 25, 1958. These instant noodles were produced by taking the steamed and seasoned noodles and dehydrating them in oil heat. He mass-produced them by establishing the industrial process of making these, with different stations for noodle-making, steaming, seasoning, and dehydrating. These noodles that could be made in two minutes just by adding boiling water to it instantly became very popular.

Flavoring powder was later introduced to the instant noodles industry because of the people's demand for better quality and taste. In 1971, CUP NOODLES was launched. This boosted the market for instant noodles even more, with a new feature of having the noodles in a Styrofoam cup with dried condiments inside such as pork, vegetables, eggs, and shrimp.

First spreading to Asia and then to the Americas and Europe, instant noodles are now known globally. This was helped by the rise of income levels in developing countries in the 1990s, which led to the consumption increasing rapidly there. In 1990, the annual global demand for instant noodles was approximately 15 billion servings, which grew to 50 billion servings in 2001 and past 100 billion servings in 2012. This rapid growth was due to the five principles that came from Momofuku Ando making the instant noodles: good taste, affordability, long shelf life, convenience, and safety and hygiene. Furthermore, manufacturers started launching instant noodles with various healthy recipes such as low-sodium and low-calorie noodles.

World Instant Noodle Association (WINA): <https://instantnoodles.org/en/noodles/index.html>

This World Instant Noodle Association website contains the history, machine / process, logistics and more!

Girl Scouts of Citrus Council Shop Facebook: <https://www.facebook.com/groups/257086511669369>

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Hearty Ramen Chicken Noodle Soup

Here is the list of ingredients to be placed in the description:

1 medium carrot, sliced
1 cup mushrooms, sliced
1 rib celery, sliced
2 packages of Chicken Flavor Ramen
2 tbsp unsalted butter
4 cups water
1/2 cups cooked shredded chicken or turkey
2 tbsp flour
2 green onions, sliced
4 tbsp grated parmesan cheese
2 tbsp finely chopped parsley

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Veggie Tofu Ramen

Here is the list of ingredients:

2 ramen squares. No seasoning packet needed
½ cup Korean BBQ Sauce
1 Tablespoon of Vegetable oil
1 ½ cup diced mushroom
2 garlic cloves minced
3 thinly sliced scallions
8 oz of dices tofu
¼ cup corn

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Ramen Snack Mix

Here is the list of ingredients:

3 packs of dried ramen noodles, crushed into bite-size pieces
1 c. cheddar Goldfish
1 c. pretzels
1 c. unsalted nuts (almonds, cashews, peanuts)
1/2 c. wasabi or dried peas, optional
1/2 c. (1 stick) melted butter
2 tbsp. Worcestershire sauce
2 tbsp. soy sauce
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. cayenne (optional)
2 ramen seasoning packets
Kosher salt

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Survival Sisters: <https://www.youtube.com/playlist?list=PLawogglmJDhST50YsL6dsawwN1ry16Mfp>

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Mongolian Beef Ramen

Here is the list of ingredients:

3 package instant ramen, flavor pack discarded
2 tbsp. vegetable oil
1 lb. sirloin steak, sliced against the grain
2 tbsp. cornstarch
1 tbsp. sesame oil
3 garlic cloves, minced
1 tsp. minced ginger
1/2 c. soy sauce
1/4 c. lightly packed brown sugar
1 c. chicken (or beef) broth
pinch red pepper flakes (Optional)
1 large head broccoli, cut into florets
1 carrot, peeled and cut into matchsticks
3 green onions, thinly sliced
Toasted sesame seeds, for garnish

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Traveling Noodles

Here is the list of ingredients:

1 package instant ramen, flavor pack discarded
1 vegetable bouillon cube, quartered
1 tbsp. low-sodium soy sauce
1 tsp. hot sauce
1 tsp. freshly grated ginger
1 c. shredded chicken
1/2 carrot, thinly sliced into matchsticks
1 c. baby spinach
2 tbsp. thinly sliced green onions

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Breakfast Ramen

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2 ramen packs (seasoning packets discarded)
3 slices bacon, chopped into 1/2-in pieces
2 large eggs
3/4 c. shredded sharp cheddar
2 scallions, sliced
Sriracha or other hot sauce (optional)
1 tsp. extra-virgin olive oil
Freshly ground black pepper

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