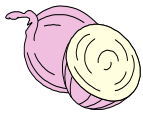


# Jazzed Up Noodles

1. In a large fry pan, add:



beef, ground                      1 pound (500 g)  
onion                                      1 medium

Cook ground beef until no longer pink. Drain fat.

2. In a small pot, bring water to a boil, add:

vegetables, frozen                       $\frac{1}{2}$  bag

Cook for 7 minutes. Drain and set aside.

3. In a medium size pot, bring water to a boil, add:

instant noodles                              6 packages  
(use only 3 seasoning packets)

Cook for 3 minutes. Drain and set aside.

4. Combine vegetables and noodles to beef mixture.  
Cook for 5 minutes.

**Serves 4**

**Source: Marie Booth**

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: [www.hsम्म.ca](http://www.hsम्म.ca)

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