

BALLER BUDGET BITES

Upgrade your ramen.



BOSSIER PARISH
LIBRARIES

MAKE IT A MEAL

Ramen is a great snack, but it's a better meal. Fill out your ramen by adding some protein to your bowl.

Try poaching an egg! Cook your ramen according to the package instructions. Remove the pot from heat, then crack a raw egg into the noodles. Don't stir! Cover with a lid for 1–2 minutes, then enjoy.



CHEESE, PLEASE!

Fats can add flavor and contribute to satiety in your meals. A good source of that? Cheese.

This makes some seriously creamy, dreamy ramen. Cook your ramen to package instructions, then remove it from the heat. Add a slice or two of American cheese to the pot and cover with the lid for 1–2 minutes. Stir to combine.



WHAT ABOUT VEGGIES?

Nothing's better than eating something cheap, tasty, AND healthy.

Check your freezer and your pantry for frozen or canned veggies. Add tough veggies, like carrots or broccoli, to the water while your noodles boil.

Some delicate veggies, like spinach or thin sliced cabbage, can be added in just before eating!



BLAH | BLAH | BLAND

Getting tired of classic chicken flavor? Say no more, fam. Your pantry has your back!

Improve any ramen with sauces and spices. Candidates include hot sauces, sriracha, taco seasoning, ranch seasoning, garlic powder, onion powder, vinegar, and more! The world is your oyster... or is the kitchen your ramen?



FAUX PHO

Now that you know how to build on your bowl, let's work on remixing your ramen into something fresh!

Make your ramen, but only use half the flavor packet. Add 2 tablespoons of lime juice, 1 tablespoon of sugar, 2 teaspoons of soy sauce, and a generous pinch of pepper flakes. Fresh cilantro, fresh jalapeños, and some lunch meat are great in this too!



COMFORT NOODS

Sometimes you just want something cozy. Your humble can of cream of mushroom soup has something to say about that.

Make your ramen and drain half of the water. Add $\frac{1}{4}$ cup of any condensed 'cream of' soup, whatever you have on hand! Stir to combine, and then add spices to your taste. Black pepper and a little bit of lemon juice are great for cream of chicken.



TONGUE THAI'D

You'll need some peanut butter, soy sauce, and sriracha. Cilantro, jalapeños, and crushed peanuts are good on top!

Make your ramen, drain, and rinse in cold water. Mix together 2 tablespoons of peanut butter, 1 teaspoon of soy sauce, and 1 tablespoon (or more) of sriracha, and half the flavor packet. Add just enough water to make it creamy, then toss your noodles in the sauce and add toppings.



FLAMIN' HOT

How delicious these noodles are is anything but a lie. Making your own fluorescent red ramen is easy.

Boil your ramen. Reserve $\frac{1}{4}$ cup of the cooking water, and drain the rest. Return noodles and water to the pot. Crush a 1 oz. bag of Flamin' Hot Cheetos (or any other Flamin' Hot variety of chip) and add it to the noodles. Stir to combine. Season with hot sauce, add cheese if desired.



THAT'S AMORE

Give your ramen a *very* classy makeover. You'll need eggs, parmesan, black pepper, and bacon to transform your noodles. This requires skill, but you can do it!

Boil your noodles until done. Drain and set aside. In the pot you used to make your noodles, cook 2 slices of bacon and crumble it.* Beat 1 egg in a cup. Mix $\frac{1}{2}$ cup of parmesan cheese with the egg. Over medium heat (gas mark 4-5), add your noodles to the bacon and toss. Once the noodles are warm, add the egg-parm mixture directly onto the noodles and toss. Season with pepper.

*If you are uncomfortable cooking bacon or don't have any, heat up your noodles in olive oil instead of the bacon fat. Add bacon bits at the end, or enjoy your carbonara ramen meat-free.

