

# Ramen Noodle Stir-Fry

## Ingredients

1 package ramen noodles	1/2 cup steamed broccoli
1 teaspoon olive oil	1 clove garlic, minced
1/2 cup chopped green and red bell peppers	1 teaspoon hot sauce
1/4 cup chopped onion	Oregano to taste
	Cayenne to taste

## Directions

1. Bring a pot of water to a boil. Add the noodles and cook until tender, about 3 minutes.
2. Warm the oil in a large skillet over medium heat. Add the peppers, onion, and garlic and sauté until the vegetables are tender. Add the hot sauce, oregano, and cayenne and let simmer for 5 minutes.
3. Add the noodles to the skillet and cook for about 1 minute, or until thoroughly mixed and heated.



*Makes 2 servings*

*Nutrition information per serving:  
128 Calories, 2g Fat, 5g Protein, 24g  
Carbohydrates, 227mg Sodium*