

# Chicken Ramen

Earthy and aromatic Asian-flavored chicken soup featuring nutrient-dense vegetables.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Iowa Department of Education*

**Preparation Time:** 1 hour  
**Cook Time:** 1 hour 30 minutes

**NSLP/SBP crediting information:**

1 ½ cups provides

*Crediting Edamame as Meat Alternate:* ⅛ cup additional vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable, 2 oz equivalent meats/meat alternates, 1 oz equivalent grains

**Or**

*Crediting Edamame as Vegetable:* ¼ cup additional vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable, 1 ½ oz equivalent meats/meat alternates, 1 oz equivalent grains



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken breast, boneless, skinless	7 lb 8 oz		15 lb		<ol style="list-style-type: none"> <li>Bake chicken breast in a 350 °F oven for 30-35 minutes. <b>Critical Control Point:</b> Cook chicken to 165 °F or higher for at least 15 seconds.</li> <li>Shred cooked chicken. <b>Critical Control Point:</b> Hold above 135 °F until service.</li> </ol>

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Carrots, peeled and shredded	3 lb 12 oz	3 qt	7 lb 8 oz	1 gal 2 qt	
*Onion, diced	2 lb 14 oz	2 qt	5 lb 12 oz	1 gal	
Garlic, fresh, minced	4.8 oz	¾ cup	9.6 oz	1 ½ cups	
Ginger, fresh, minced	1.6 oz	⅓ cup	3 oz	⅓ cup	
Sesame oil (or canola oil)	1 ½ oz	3 Tbsp	3 oz	⅓ cup	<p><b>3.</b> Heat oil in a tilt skillet or pan on the stove.</p> <p><b>4.</b> Sauté carrots and onions for 5-7 minutes or until they start to caramelize.</p> <p><b>5.</b> Add garlic and ginger and cook for 2-3 minutes.</p>
Soy sauce, low sodium	12 oz	1 ¼ cups	1 lb 8 oz	2 ½ cups	<p><b>6.</b> Add soy sauce and chicken stock to the mixture. Bring to a boil.</p>
Chicken stock, low sodium	40 lb	5 gal	80 lb	10 gal	
Soba or spaghetti noodles, whole wheat, dry	3 lb 4 oz		6 lb 8 oz		<p><b>7.</b> Add noodles and cook for 8 minutes.</p>
Edamame, shelled	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups	<p><b>8.</b> Add edamame to the broth and let cook for 3 minutes.</p> <p><b>9.</b> Add shredded chicken. (If chicken is prepared the day before, reheat the chicken to 165 °F or higher prior to adding it to the mixture.)</p> <p><b>Critical Control Point:</b> Hold for hot service at 135 °F or higher. Do not hold for longer than 2 hours</p> <p><b>10.</b> Use ladle to serve 1 ½ cup portion (12 oz ladle).</p>



**CHICKEN RAMEN**  
**NUTRITION INFORMATION**

For 1 ½ cups (12 oz ladle)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>204</b>
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<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	21 mg
<b>Sodium</b>	<b>241 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	42 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

<b>MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Onion, fresh, mature	3 lb 4.3 oz	6 lb 8.6 oz
Carrots, fresh	4 lb 8 oz	9 lb

<b>NOTES</b>
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
 Cooking Process #2: Same Day Service

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
About 3.2 qt	About 1 gal 2 qt
About 27 lb	About 53 lb 8 oz

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

