

A Kansas SNAP-Ed *EZ Does it* Recipe

Peanut Noodle Bowl



Servings: 6

Ingredients:

- 1 pound egg noodles (uncooked)
- 2 teaspoons vegetable oil
- 2 cloves garlic
- 1 teaspoon chili powder
- 1 can low-sodium mixed vegetables (about 15 ounces, drained)
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup barbecue sauce
- 1 tablespoon peanut butter
- $\frac{1}{4}$ cup roasted peanuts (chopped)



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Cook egg noodles according to package directions. Drain well.
2. Heat a large nonstick skillet over medium heat. Add oil and cook garlic and chili powder until golden, about 1 minute.
3. Add vegetables and water. Cook until vegetables are warmed, about 3 minutes. Add barbecue sauce and peanut butter; stir until sauce is smooth.
4. Toss sauce and vegetables with egg noodles and chopped peanuts.

Nutrition Facts: One serving provides 400 Calories, 9g Total Fat, 1.5g Saturated Fat, 140mg Sodium, 66g Total Carbohydrate, 1g Dietary Fiber, 14g Protein

Tips: Instead of canned mixed vegetables, substitute your favorite fresh or frozen vegetables.
Try adding chopped cooked chicken, turkey, beef or pork.

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