

shepherd's ramen pie

Serves: 4

Prep and Cook time: 45 min

Per serving: 726 calories, 27 g fat, 686 mg sodium

1 lb ground beef

1/4 tsp salt

1/2 tsp garlic powder
(optional)

1/2 diced onion

1/4 tsp pepper

1 can peas and
carrots, rinsed and
drained

2 TBS flour

1/3 cup ketchup

1 package ramen
noodles

1. Preheat oven to 375° F. Heat a pot of water to boil the ramen in.
2. Brown hamburger in pan over medium heat. Drain the fat and add the onion and flour to the pan. Stir until the flour is dissolved into the meat. Stir in peas and carrots, season with salt, pepper, garlic powder, and ketchup. Turn down the heat to low.
3. Place ramen in the boiling water for three minutes, then drain.
4. Spread meat mixture in the bottom of a baking dish. Top with noodles.
5. Bake in oven until the top is browned and crunchy, or 20-30 minutes.

