

recipes for contribution, & suggestions, are welcomed. (if you want credit noted, please make that clear)

rev: November 16, 2015

Better than Ramen (certainly more nutritious)

line #	qty	units	ingredients	notes
1	1.5 - 2	C	water	depending how wet you want this
2	1	C	noodles	small noodles work very well
3	2	TBLS	sour cream	optional, used to thicken
4	1	ea	egg	optional, used to thicken
5	1	TBLS	Billy Goat Mountain blend # 12 or #4 or Zesty	the other blends will work also
6	1/2	C	chicken	or other ingredients of your choice
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- 1 bring water to boil in a pot
 - 2 add noodles and bring to boil, continue cooking till noodles are soft (about 10 minutes)
 - 3 turn off heat and add sour cream, egg and spice
 - 4 add other chosen ingredients (chicken, beef, fish, pork, etc)
 - 5 tilting pot and using a spoon or useful utensil, stir contents in a manner to drag soup up and let it drain back to mix.
 - 6 Continue this for about a minute or two.
 - 7 let set till temperature is cool enough to eat
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- 1 Add some Billy Goat Mountain "Hot Salt" and REALLY perk up your dish.
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Contributed by ... Rocky approximate serving size = 1 or 2 people
mailto: spice#billygoatmountain&net
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