

INGREDIENTS

- 1 chicken ramen noodle packet
- 1/2 package of extra firm tofu, drained and cubed
- ½ bundle of spinach, roughly chopped
- Optional: 1 egg

DIRECTIONS

1. To a large pot, add 2 cups of water and bring to a boil.
2. Once the water is boiling add the noodles, seasoning packet and cubed tofu. Cook for about 2 minutes.
3. Add the spinach and cook for 1 minute, turn off heat and let it sit for 1 more minute.
4. Let soup rest for a couple minutes until cool enough to eat. Enjoy!



RAMEN

w/ tofu and spinach

Clyde's Cupboard

High Protein | Vegetarian | Dairy-Free | Nut-Free

Yield:
2 Servings

Prep Time:
5 Min

Cook Time:
5 Min

NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
322 kcal	12 g	38 g	3 g	15 g