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Ramen

Ingredients:

- 2 things of top ramen
- 1 in³ of cheddar cheese
- 1 squirt of BBQ sauce
- Juice of one lemon
- 2 diced Serrano chilis

Instructions:

Cook ramen with 1 ½ packets of seasoning.

Strain noodles saving two tablespoons of broth.

Stir in cheese, BBQ sauce and lemon juice until cheese is melty.

Serve sprinkled with diced Serranos.

Serves one. 509 Calories, 21g Protein, 507mg Sodium

1 Lemon and 2 Chilis add 65% RDA of Vitamin C (55mg)

" Hard work, no pay, miserable conditions. "