

# SPAM™ SOBA SOUP

**Number of servings:** 12-13

**Serving Size:** 1 cup

**Ingredients:**

- 1 (13¼ ounce) pack whole wheat thin spaghetti noodles
- 1 (12 ounce) can lite luncheon meat
- 2 cloves garlic
- 1 thumb-size piece ginger
- ½ cup green onions (3 stalks)
- ½ cup celery (1 large stalk)
- 10 cups water
- 2 tablespoons lite (low sodium) soy sauce
- ½ teaspoon pepper
- 3-4 bunches chopped pechay or Chinese cabbage or won bok

**Directions:**

1. COOK spaghetti noodles according to package directions, DRAIN and set aside.
2. CHOP luncheon meat into small cubes.
3. Finely CHOP garlic and ginger.
4. CHOP green onions and celery.
5. In a separate large pot, SAUTÉ luncheon meat, garlic, ginger, green onions and celery for 5-7 minutes over medium-low heat.
6. ADD water and soy sauce and bring to a BOIL. ADD black pepper.
7. ADD pechay or Chinese cabbage or won bok and SIMMER for about 2 minutes.
8. Serve hot over cooked spaghetti noodles.

**VARIATIONS:**

Regular spaghetti noodles may be used instead of whole wheat spaghetti.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**

For more information: <http://www.ctahr.hawaii.edu/NEW/resources/SafeFoodHandling.pdf>

<b>Nutrition Facts</b>	
Serving Size 1 cup (298g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	7 %
Saturated Fat 1.5g	7 %
Trans Fat 0g	0 %
<b>Cholesterol</b> 20mg	7 %
<b>Sodium</b> 410mg	17 %
<b>Total Carbohydrate</b> 25g	8 %
Dietary Fiber 4g	16 %
Sugars 2g	
<b>Protein</b> 10g	
Vitamin A 20%	Vitamin C 35%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4	

\* Recipe contributed by the Northern Marianas College-Cooperative Research, Extension, and Education Service