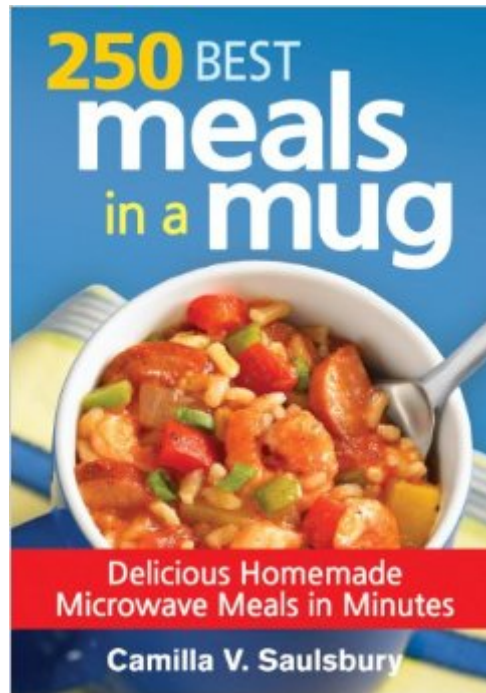


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# 250 Best Meals In A Mug: Delicious Homemade Microwave Meals In Minutes



## Synopsis

The craze for microwaving portion-size dishes in a mug is only gaining steam. Meals in a mug are a perfect solution for solo dining, and they're also quick and easy options for busy people. And they are a convenient and budget-friendly way to eat delicious and healthy meals when living in a dorm, travelling in a RV or eating at the office. These perfect individual portion sized recipes cover morning breakfast to late afternoon snacks and satisfying suppers with just a quick trip to the microwave which speedily omits hours of stovetop simmering and/or baking. In just 2 minutes, breakfast gets a sumptuous and nutritious boost with a moist and tender Banana Blueberry Muffin. Lunch takes its inspiration from New Orleans with Red Beans and Barley. This quick mugful of deliciousness uses quick-cooking barley which stands in for traditional white rice making it a speedy and healthy makeover. A sampling of the recipes: Super-Fast and Easy Recipes Mushroom Barley Soup, Broccoli Basil Soup, Apple Pancake Puff, Chocolate Peanut Butter Crunch Mix, Cheese Fondue Breakfast Banana Bread, Almond Flour Muffin, Green Onion Bread, Zucchini Bread, Apple Cinnamon Bread, Boston Brown Bread Soups, Stews and Chilis Loaded Baked Potato Soup, Quinoa Minestrone, Miso and Mushroom Soup, Poblano White Chili, Koshari, Red Clam Chowder Meatless Main Dishes Eggplant Parmesan Mug, Green Chile Quesadilla Mug, Chickpea Potato Masala, Curried Lentils with Yogurt and Tortilla, Korean Pajeon Meat, Poultry and Seafood Main Dishes Philly Cheesesteak Mug, Cauliflower and Ham Gratin, Shrimp with Roasted Peppers and Feta, Shepherd's Pie, Teriyaki Salmon Dessert Sugar Cookie, Chocolate Fudge Cake, Blueberry Dumpling, Bananas Foster, Lemon Pudding Cake, Butterscotch Blondie, Panna Cotta. These tasty and healthy dishes move the focus off of the time- and labor-intensive oven, and reintroduce the ease and simplicity of the microwave. They take everyday meals to the next level and the handy nutritional analysis that accompanies each recipes takes all the guesswork out of planning healthy meals.

## Book Information

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## Customer Reviews

**MUG CUISINE** In these complicated, hurried days, there is room for mug meals for our breakfasts, lunches or dinners. You can make them quickly, and they are tremendously portable. They are also a lot more nutritious than most on-site foods. This book best serves singles or couples and is not practical for large families. This book is also a handy item for a kid in a dorm. If you want to own one book for such a project, we suggest *250 Best Meals in a Mug: Delicious Homemade Microwave Meals in Minutes* in paperback by Camilla Saulsbury. Not only do we like some of the "comfort food" recipes we found made from pantry items. Day-long meals are covered: Breakfast Cereal and Eggs Breakfast Breads/Muffins Soups, Stews and Chilis Meat/Poultry/Seafood Meatless Mains Snacks Desserts When we say "mugs," we are referring to large crockery mugs, ones with handles and plastic lids, which hold a full 16 oz., (2 cups,) of food. Supermarkets and gadget stores carry them in their utensil area. Author, Camilla Saulsbury, goes out of her way to assist even a beginner cook make her tasty mug cuisine. For instance, in addition to the recipe with careful microwave timings, she is very generous with variations, inspiring headnotes, "Prep Ahead Options" and helpful tips. Here are some examples of "Mug Meals," quick to make: Bacon Cheddar Grits with milk, Monterrey and seasoning. Mug Enchilada includes enchilada sauce, tortillas, chili beans and cheese. Spaghetti and Meatballs calls for frozen meatballs, broken spaghetti, marinara sauce and Parmesan cheese. Tex-Mex Migas Mug is eggs, cumin, tortilla, salsa and grated cheese.

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