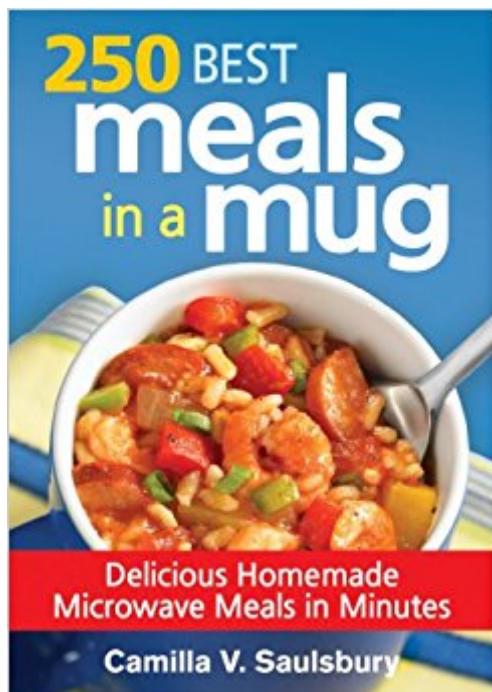


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# 250 Best Meals In A Mug: Delicious Homemade Microwave Meals In Minutes



## 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

Camilla V. Saulsbury is a freelance food writer, recipe developer and cooking instructor. She has been featured on the Food Network, in the New York Times and on Today and QVC. She's won several top cooking competitions, including the Food Network's \$25,000 Ultimate Recipe Showdown (Cookies episode).

I love to cook and I love new cookbooks. I read a review of this one in our local newspaper about a month ago and I knew I had to have it. From breakfast to desserts, I have found many recipes I want to try. The book has multiple features that I like. Chief ones are that the recipes call for ingredients normally stocked by cooks who enjoy preparing meals; they can be whipped up in a hurry and microwaved in minutes; and they taste good. Many of them are prepared and baked in a 16-oz mug. That's the size of my two-cup Pyrex measuring cup. To date I have made Quinoa Chile, Crumb Coffeecake, Kale and Barley Soup, Tomato- Couscous- Chickpea Soup, Salmon Chowder, Antipasto Pasta, and Bread Pudding and I've had this book less than a month. I've enjoyed each of these dishes. I am recently widowed and this book is helping me to continue to eat wholesome food because it is so easy to stir it up. \_Hope Irvin Marston, author of SALMON RIVER ODYSSEY " THE TOWN OF RICHLAND AND ITS HAMLETS.

For a single person who doesn't like to take the time to cook a large meal I will be eating for weeks this offers a lot of variety and gives me new meal choices all the time. Love it!

The few mug meals I have tried so far are pretty good. I like that it takes only a few minutes to prepare and cook. The ingredients are things I have, I don't have to get special foods or spices, I like that it makes one serving and I don't have left overs.

The recipes I've tried so far are good. Keep in mind these recipes can be made in a microwaveable or oven proof bowl (depending) as long as the bowl is at least as large as the recipes call for. I

stressed about finding a large mug at first, but realized this book could be called bowl meals just as easily as it was named mug meals. Same concept just mug sounds better, and is more novel than a run of the mill bowl. I'm able to satisfy cravings for things not everyone in my family will eat (like polenta!)

GREAT recipe book for singles, college students, newly widowed, etc.!! Personally, I bought this book because I'm 70 yrs old and I really hate to cook. My tastes have changed dramatically, and I no longer enjoy the meals I cooked when my kids were growing up. Hubby still likes the recipes we USED to eat, but he doesn't mind making his own dinner (which he does 98% of the time.) I generally avoid frozen meals because I don't like the taste, and many have too much salt. Therefore, I was looking for ideas for a meal I could quickly prepare for myself - with maybe a salad on the side. This book was & is what I needed. The meals are nutritious and use everyday pantry items. No need to run to the store and look for an ingredient that you never heard of. If you are lucky enough to find this book at your local library, I encourage you to check it out. I predict that, after making a few of the dishes, you will come back to and buy the book. One note of caution: I felt that the price of the book was too high for me, so I bought it used. The seller I bought it from must have had it stored with items that were heavily perfumed. When I opened the book, I was hit with a perfumed smell that was unpleasant to me. I've had the book for 2 months now, and the unpleasant smell is dissipating, which I'm obviously happy about.

Absolutely hands down my favorite cookbook! With all of the kids out of the house, and move to Florida (did I say HOT?), we needed to scale down the cooking AND make meals without heating up the whole kitchen. This book has a lot of variety and ideas for meals I would never have thought would work in small portions.....all in a microwave! Cakes that you would swear were baked in an oven.....warm and delicious! From brownies to soup to casseroles.....all for one person with very little effort. No big pans with leftovers....and my hubby and I can EACH have the desert we want, when we want. How great is that?!?

Recipes look easy and yummy and don't call for exotic ingredients. Author also gives suggestions for alternate ingredients. Would have liked to see the "nutrition facts" for the recipes, but I can see where that might be impractical for the recipe amounts. Nice to see the imperial and metric measurements; would also have been nice to have the weight of the major dry ingredients for folks who are weighing food for diet purposes. In the end, though, the recipes are interesting and I am

happy with the purchase of this book.

I have made several recipes now and they all turned out tasty and perfect. This book has a nice variety to choose from.

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