

Meals in a Mug

Cover Page Info

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Goal / Description about Lesson

Do you enjoy cooking, but usually only need to cook for 1 to 2 people or have a very busy lifestyle? Learn about meals in a mug, which is the perfect solution if you are in one of these situations. They are quick and easy options for busy people and are also budget-friendly.

Directions

Below are some suggestions for teaching this lesson.

- ✓ Handout – pages 2 - 3
- ✓ Recipes – pages – 4 -7
- ✓ Mugs – I have gathered several mugs from my house – I plan to show different sizes / materials. Plus, I plan to bring along 1 cup liquid measuring cup and show how to test if mug is safe.
- ✓ Good foods to demo:
 - Philly cheese steak and serve on light bread. You can put on top of 2 pieces of bread and divide each piece into 4- 6 pieces.
 - Crispy Rice Treat. One treat can be divided into 4 pieces.
- ✓ Resources are part of Handout

Meals In A Mug

Meals in a Mug are Designed For:

- ✓ People who enjoy cooking but only need to cook for 1 to 2 people.
- ✓ People with a very busy lifestyle. Short Cooking and Clean-Up Time.
- ✓ People who need quick and easy options that are also budget-friendly.
- ✓ Youth who want a quick after school snack.

Mug Selection

- ✓ Size – 16 oz. for most recipes
- ✓ Shape – circular bottom vs. square bottom
- ✓ Thickness – A thicker wall may add to your cooking time.
- ✓ Straight sides vs. sloping sides – Food will cook unevenly with sloping sides.
- ✓ Height – Generally, food cooks faster in shallow containers. However, when boiling pasta or rice, higher sides prevents boil-over.
- ✓ Material - use microwave safe mugs.
 - Look for Microwave safe on the bottom
 - Avoid metal decoration
 - Test mugs if you aren't sure
 - Place the dish to be tested in the microwave oven. (Do not test any metal dish or a dish with metal, gold or silver trim.)
 - Measure 1 cup of water into a 1 or 2 cup glass liquid measuring cup. Place beside the mug you want to test.
 - Microwave on Hi (100% power) for 1 minute. Result
 - If mug is cool and water in measuring cup is warm, the dish is microwave safe.
 - If mug is hot and the water in measuring cup is cool, do not use the mug for microwaving.



Notes: Baked Goods

- ✓ If you decide to make baked goods – start at Med or 50% power and then increase to 100%. This will prevent rising too quickly and then falling.
- ✓ Overheating bread will cause it to get tough. Use Lo or the warm setting.

Covering tips

- ✓ Covering the container will help speed the cooking of most foods and keep the heat evenly distributed for uniform cooking. Plus, covering will help to reduce splatters.
- ✓ Be sure to vent plastic films to avoid plastic wrap bursting open or giving you a steam burn.
- ✓ Cup covers – vent the top piece. These can be used for long term cooking when moisture needs to be retained.
- ✓ Or use a saucer upside down to make a cover.



Standing Time

Standing Time is part of the cooking process: cooking is completed, food is tenderized, and allows for easier cutting and serving.

- ✓ Recipes will instruct you to let your food stand. This will prevent food from overcooking if you remove early and let stand.
- ✓ Use standing time for eggs, meats, custards, bread & baked items. Not necessary for fruits, vegetables, soups and sauces.



Microwave Cooking Tips

Best foods to microwave: vegetables, meats, soups and casseroles

- ✓ Convert one-dish meals by reducing the cooking time by ¼ to ⅓.
- ✓ Since there is less evaporation, reduce the amount of liquid ingredients by about ¼.
- ✓ Use less seasoning. Taste foods after they are cooked and add additional seasoning if needed.
- ✓ You usually have to stir the food during cooking. If foods can't be stirred, they need to be rotated.



Microwave Power Levels

Word Pad	Percent	Type of Cooking
Hi	100%	Full Power
Med Hi	70%	Roast
Med	50%	Simmer
Med Lo	30%	Defrost
Lo	10%	Warm

Handout Provided by:	Carroll County Extension Homemakers
Program Resources:	Pat Burkhalter, NEPA, Carroll & Clinton County Saulsbury, Camilla V. (2014). <i>250 Best Meals in a Mug</i> . Toronto, Ontario: Robert Rose Inc. Methven, Barbara. (1978). <i>Basic Microwaving</i> . Minneapolis, MN: Cy DeCosse & Publication Arts Recipe Nutrition Info – Spark Recipes - https://recipes.sparkpeople.com
Program Presented by:	Joanne Lytton, 574-967-3538, lytton@purdue.edu

Microwave Cooking Tips for Eggs

- ✓ The yolk cooks faster than the white due to the higher fat content of the yolk. If you continue to cook until the white is firm, the yolk will be tough. Remove early and the white will continue to cook during standing time.
- ✓ Pressure can build up in eggs. Thus, it is necessary to puncture the yolk prior to cooking (similar to piercing a potato).
- ✓ For fluffier egg dishes, decrease the power level to 70% or 50%.
- ✓ Never cook eggs in their shell.

Microwave Cooking Tips for Pasta

- ✓ When using a microwave recipe with uncooked noodles, keep the ingredients covered as the mixture cooks so the steam that forms will help cook the pasta.
- ✓ Pasta will expand to 2 or 3 times its original size when cooked, so select a large mug to allow room for the expansion.
- ✓ Since a small amount of liquid is used, draining is usually unnecessary.
- ✓ Use small pasta in a mug. If using spaghetti, break it into 1" pieces.
- ✓ Pasta will continue to absorb the liquid as it stands. Let stand 5 – 10 minutes before serving.

Nutrition Comparison

To Lower Fat and Cholesterol

	Turkey Sausage	Regular Sausage		Lite Sour Cream	Regular Sour Cream
Amount	1	1		1 T.	1 T.
Calories	45	75		20	30
Total Fat	3 g	7 g		1.25 g	2.5 g
Sat. Fat	.75 g	2.25 g		1 g	1.8 g
Cholesterol	12.5 mg	15 mg		5 mg	10 mg

To Lower Fat and Cholesterol

	Egg Substitute	Egg		90% lean ground beef	70% lean ground beef
Amount	3 T.	1		3 oz.	3 oz.
Calories	25	70		182	205
Total Fat	0 g	5 g		9.4 g	13 g
Sat. Fat	0 g	2 g		3.7 g	5.2 g
Cholesterol	0 mg	185 mg		75 mg	75 mg
Protein	5 g	6 g		22.6 g	20.3 g

Ingredients to Keep On Hand

Freezer	Refrigerator	Dessert / Snack	Pantry
Peppers & Onions	Alfredo Sauce	Brown Sugar	Black Beans
Meatballs	Apple	Cereal - Crisp Rice	Brown Rice
O'Brien Potatoes	Bacon - Ready-To-Eat	Cereal - Rice Chex	Garlic Croutons
Spinach	Beef - Ground - Lean	Chocolate - Semisweet Chips	Macaroni
	Beef - Roast - Deli - Thin-Sliced	Cinnamon	Mushrooms
	Butter	Dried Fruit	Onion Soup Mix
	Cheese - Cream	Graham Cracker	Pepper - Red - Roasted & Jarred
	Cheese - Parmesan	Honey	Salt
	Cheese - Shredded	Marshmallows - Miniature	Seasoning - Mrs. Dash®
	Chili Sauce	Oats	Spaghetti Noodles
	Cooked Sausage	Oil	Spaghetti Sauce
	Egg	Peanut Butter	Tomatoes - Italian
	Egg Substitute	Seeds	
	Grape Jelly	Shortening	
	Ketchup	Sugar	
	Milk	Sugar Substitute	
	Sausages - Smoked		

Nutrition Comparison

To Carbs

	Brown Sugar Substitute	Brown Sugar		Sugar Substitute	Sugar
Amount	½ T.	1 T.		1 T.	1 T.
Calories	30	52		0	49
Carbs	6 g	13.5 g		<1g	12.6 g
Sugar	6 g	13.4 g		<1 g	12.57 g

Summary - Meals in a Mug Benefit:

- ✓ Quick & Easy – prepared in a microwave
- ✓ Limited clean-up
- ✓ Food quality is improved – retain flavor and nutrition value since you use less water and fat when cooking.
- ✓ Helps with portion control.



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Meal in Mug Recipes

Recipe Source – 250 Best Meals in a Mug
Nutrition Source - Spark Recipes.

Breakfast Recipes

Breakfast Casserole

- ¾ c. O'Brien potatoes, frozen
- 1 egg, large
- 1 Smoked Breakfast Sausage, diced
- 2 T. Velveeta® Shreds or shredded cheese of your choice
- 1 T. sour cream

Directions

1. In the mug, microwave potatoes on Hi for 1½ - 2 minutes or until warmed through.
2. Using a fork, beat in egg. Stir in sausage, cheese and sour cream until blended. Microwave for 1 – 3 minutes until just set. NOTE: Check every 15 sec. after 1 minute.
3. Let stand 5 minutes.

Nutrition: 255.5 cal., 14.6 g. fat, 214.8 mg cholesterol,
17.1 g. carbs, 436 mg sodium

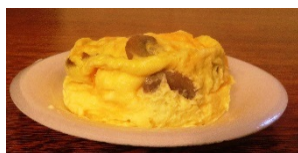
Variations:

- ✓ Use hash brown potatoes vs. O'Brien potatoes.
- ✓ Substitute diced ham vs. Smoked Sausages.
- ✓ Healthier – use Turkey Breakfast Sausage, Egg Substitute, Fat Free Sour Cream

Nutrition-Healthier Options: 176.4 cal., 5.4 g. fat, 26.4 mg cholesterol, 19.5 g. carbs, 427.3 mg sodium

Cheese Omelet

- 2 eggs, large
- 2 tsp. milk or water
- Pinch seasoning, salt,
pepper or Mrs. Dash®
- 2 T. Velveeta® Shreds or shredded cheese of your choice



Directions

1. In the mug, whisk eggs, milk and seasoning until well blended. Add cheese and stir.
2. Microwave on Hi for 30 seconds. Stir. Microwave on Hi for 45 – 75 seconds until eggs are puffed and just barely set at the center. Let stand 1 minute.

Nutrition: 194.1 cal., 12.8 g. fat, 385.3 mg cholesterol,
2.8 g. carbs, 312.4 mg sodium

Variations: Add mushrooms, ready-to-eat bacon pieces or crumbled sausage.

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Granola

- 1 T. honey or maple syrup
- 2 tsp. water
- 1 tsp. vegetable oil
- Pinch salt
- ⅓ c. oats – quick cooking or old-fashioned oats
- 1 T. chopped nuts or seeds
- 1 T. dried fruit (optional)



Directions

1. In the mug, combine honey or maple syrup, water, oil and salt until blended. Stir in oats and nuts until coated.
2. Microwave on Med (50% power) for 2 minutes. Stir, making sure to stir up any honey or syrup on the bottom of the mug. Med (50% power) for 1½ - 2½ minutes or until mixture appears somewhat dry. Stir in dried fruit (if using). Let cool 2 - 3 minutes or completely before eating.

Nutrition: 274.1 cal., 9.7 g. fat, 0 mg cholesterol,
48.2 g. carbs, 1.5 mg sodium

Variations:

- ✓ To make gluten-free, be sure to use oats that are certified gluten-free.
- ✓ Sweet ground spice – use ¼ to ¾ tsp. of cinnamon, ginger, pumpkin pie, etc. with the salt.

Cheese Mushroom Quiche

- 2 eggs, large
- 2 T. milk
- 1 T. drained canned mushroom pieces, diced
- 2 T. Velveeta® Shreds or shredded cheese of your choice
- 2 T. crushed garlic-seasoned croutons (6 croutons)

Directions

1. In the mug, whisk eggs and milk until well blended. Add mushrooms, cheese and croutons. Stir. Let stand for 1 minute.
2. Microwave on Hi for 60 - 90 seconds (check at 60 seconds.) until just set. Let stand 1 minute.

Nutrition: 236.7 cal., 14.3 g. fat, 387.4 mg cholesterol,
8.2 g. carbs, 474.4 mg sodium

Variations:

Healthier – Use egg substitute.

Nutrition: 156.4 cal., 4.9 g. fat, 16.0 mg cholesterol,
7.7 g. carbs, 545.7 mg sodium

Main Dish Recipes

Meatloaf in a Mug

- 2 T. 2% milk
- 1 T. ketchup
- 2 T. quick cooking oats
- 1 tsp. onion soup mix
- ¼ lb. lean ground beef
- Additional ketchup optional

Directions

1. In a small bowl, combine the milk, ketchup, oats and soup mix. Crumble beef over mixture and mix well. Pat into microwave safe mug or custard cup coated with cooking spray.
2. Cover and microwave on Hi for 3 minutes or until meat is no longer pink and thermometer reads 160°F.; drain.
3. Let stand for 3 minutes. Serve with additional ketchup if desired.

Nutrition: 393.2 cal., 25 g. fat, 87.3 mg cholesterol, 17.3 g. carbs, 736.3 mg sodium

Philly Cheesesteak Mug

- ¾ c. frozen sliced bell pepper and onion stir-fry blend.
- 2 oz. deli roast beef, thinly sliced into short strips
- ¼ c. drained canned or jarred mushrooms
- 2 T. light Alfredo sauce
- ⅓ c. shredded cheese

Directions

1. In the mug, microwave stir-fry blend on Hi for 1½ - 2 minutes or until heated through. Drain off excess liquid.
2. Stir in roast beef, mushrooms and Alfredo sauce. Sprinkle with cheese. Microwave on Hi for 45-60 seconds or until cheese is melted and mixture is heated through. Serve with bread, if desired.

Nutrition: 232 cal., 11.8 g. fat, 62.5 mg cholesterol, 5.1 g. carbs, 899.7 mg sodium

Warm Parmesan Spinach Dip

- ¾ c. frozen chopped spinach
- 3 T. brick-style cream cheese (1.5 oz.)
- 2 T. mayonnaise
- 1 T. grated parmesan cheese



Directions

1. In the mug, microwave spinach on Hi for 1 -2 minutes until thawed. Use tines of fork, press down and drain off excess liquid.
2. Add cream cheese to the mug. Microwave on Hi for 15 - 20 seconds until softened. Stir. Add mayonnaise and Parmesan. Microwave on Hi for 30 - 45 seconds. Serve with baguette bread or vegetables.

Servings 2
Nutrition: 173.3 cal., 14.9 g. fat, 18.4 mg cholesterol, 5.5 g. carbs, 230 mg sodium

Sweet & Sour Smoked Sausage

- 1 T. grape jelly
- 1 T. chili sauce
- 6 cocktail-size cooked smoked sausage



Directions

1. In the mug, microwave grape jelly and chili sauce on Hi for 25-35 seconds or until jelly is melted. Stir until blended.
2. Add sausages. Microwave on Hi for 15-20 seconds or until sausages are hot. Toss to coat sausages in sauce.

Nutrition: 302.5 cal., 19.4 g. fat, 47.1 mg cholesterol, 22.4 g. carbs, 816 mg sodium

Variation:

Sweet & Sour Meatballs: microwave 3 frozen cooked beef meatballs in the mug for 1-2 min or until completely warmed through. Add grape jelly and chili sauce. Microwave on Hi for 15-20 seconds or until jelly is melted (it will take less time because the mug is hot). Toss to coat the meatballs in sauce.

Macaroni and Cheese

- ½ c. elbow macaroni
- ¼ tsp. salt
- ⅔ c. water
- ¼ c. Velveeta® Shreds
- 2 T. milk
- 2 Garlic croutons, crushed (optional)

Directions

1. In the mug, combine macaroni, salt and water. Place in the microwave on top of a doubled paper towel. Microwave on Hi for 2 min. Stir. Microwave on Hi for 3 minutes. If the mixture appears dry, add 1 T water to the mug. Microwave for 1½ to 2 minutes or until macaroni is tender.
2. Stir in Velveeta Shreds and milk until cheese is melted. Microwave on Hi for 15-30 seconds (checking at 15) or until heated through. Let stand for 1 minute, then stir. If desired, sprinkle with crushed croutons.

Nutrition: 332.1 cal., 8.1 g. fat, 27.5 mg cholesterol, 48.2 g. carbs, 688.8 mg sodium

Variations:

Add bacon bits or little smoked sausages to macaroni.



Spaghetti and Meatballs

- 2 – 3 frozen cooked beef meatballs
- ½ c. spaghetti noodles, broken
- ¼ tsp. salt
- ⅔ c. water
- 4 T. spaghetti sauce, divided
- 1 T. Parmesan cheese, grated



Directions

1. In the mug, microwave meatballs on Hi for 1 – 2 minutes until completely warmed through. Transfer to a small plate or bowl.
2. In the mug, combine spaghetti, salt and water. Place in the microwave on top of a doubled paper towel. Microwave on Hi for 2 minutes. Stir. Microwave on Hi for 3 min. If the mixture appears dry, add 1 T. water to the mug. Microwave for 1½ to 2 minutes or until spaghetti is tender.
3. Stir in 3 T. spaghetti sauce. Add meatballs and top with remaining spaghetti sauce. Microwave on Hi for 45-60 seconds or until heated through. Sprinkle with Parmesan cheese.

Nutrition: 394.4 cal., 12.6 g. fat, 29 mg cholesterol, 51 g. carbs, 571.6 mg sodium

Cooking Tip:

Break spaghetti into 1 – 1½ inch pieces for best results.

Variations:

For gluten-free – use Quinoa spaghetti.

Pick-Your-Sauce Spaghetti

- ½ c. spaghetti noodles, broken
- ¼ tsp. salt
- ⅔ c. water

Sauce of your choice – choose 1:

- 2 T. Alfredo sauce
- 1½ T. basil pesto sauce
- 3 T. salsa
- 3 T. cottage cheese or ricotta cheese
- ¼ c. diced tomatoes (Mexican or Italian style)

Directions

1. In the mug, combine spaghetti, salt and water. Place in the microwave on top a doubled paper towel. Microwave on HI for 2 minutes. Stir. Microwave on HI for 3 min. If the mixture appears dry, add 1 T. water to the mug. Microwave for 1½ to 2 minutes or until spaghetti is tender.
2. Stir in sauce of your choice. Microwave on Hi for 15 – 45 seconds (checking at 15) or until heated through. Let stand for 30 seconds.

Nutrition: Depends on your choice of sauce.

Unstuffed Pepper

- 4 oz. lean ground beef
- ¼ tsp. Taco seasoning
- ⅓ c. instant brown rice
- ⅔ c. water
- ½ c. jarred roasted red bell peppers, drained & chopped
- ½ c. black beans, rinsed and drained
- ½ c. Mexican style diced tomatoes with juice
- ⅓ c. Mexican style shredded cheese



Directions

1. In mug, combine lean ground beef and Taco seasoning. Microwave on Hi for 2 minutes. Remove to small dish and let stand until needed. Drain the drippings.
2. In the mug, combine rice and water. Cover with a small plate or saucer or a vented cover. Microwave on Hi for 5 – 6 minutes until rice is tender. Remove from oven and let stand, covered, for 1 minute to absorb water.
3. Stir in hamburger (broken apart), roasted peppers, beans, tomatoes. Microwave, uncovered, on Hi for 2 minutes. Stir. Microwave for another 1 - 2 minutes until heated through. Stir every minute.
4. Sprinkle with cheese. Microwave on Hi for 30 - 60 seconds or until cheese is melted. Let stand 30 seconds before eating. Serve with nacho chips.

Serves 2

Nutrition: 357.8 cal., 16.8 g. fat, 70.3 mg cholesterol, 27.5 g. carbs, 837.4 mg sodium

Variations:

For vegetarian – omit step 1. Reduce time in step 3 to 1 – 3 minutes total. Check every 30 seconds.

Nutrition: 203.5 cal., 6.7 g. fat, 19 mg cholesterol, 27.4 g. carbs, 774.1 mg sodium

Cooking Tip:

Freeze the remaining beans and tomatoes in ½ c. portions so that they are recipe-ready. Be sure to label the bags and use within 3 months. Defrost in refrigerator or microwave before using.

Variations:

- ✓ Use any cooked grain instead of instant brown rice.
- ✓ Italian flavor – use Italian tomatoes and Italian-style cheese.

Dessert / Snack Recipes

Baked Apple

- 1 medium sweet-tart apple
(such as Gala or Golden Delicious)
- 1 T. brown sugar, packed
- 1/8 tsp. ground cinnamon
- 1 tsp. butter
- 2 T. water



Directions

1. Quarter apple removing core, seeds & stem.
2. In the mug, microwave brown sugar, cinnamon and butter for 25 to 30 seconds or until butter is melted. Stir to combine.
3. Place the apple quarters in the mug and spoon butter mixture over top. Add water. Cover mug with small plate or a vented cover. Microwave on Hi for 4 – 6 minutes (checking at 4) or until apple is very tender. Remove cover and let stand for 2 minutes.
4. Spoon juices over apple. Serve plain or with vanilla ice cream or whipped topping.

Nutrition: 181.3 cal., 4.1 g. fat, 10.3 mg cholesterol, 43.7 g. carbs, 8.1 mg sodium

Cheesecake in a Mug

- 3 oz. brick-style cream cheese, softened
- 1 1/2 T. granulated sugar
- 2 T. beaten egg (1 Egg)
- 1 Square graham cracker, coarsely crushed



Directions

1. In a small bowl, use a fork to beat cream cheese, sugar and egg until blended smooth.
2. Sprinkle crushed graham cracker in the bottom of the mug. Top with cream cheese mixture, smoothing the top. Microwave on Hi for 75-90 seconds or until filling is slightly puffed at the center.
3. Refrigerate the mug, uncovered, for 45-60 minutes or until chilled.

Nutrition: 500 cal., 35.7 g. fat, 279 mg cholesterol, 34.8 g. carbs, 417.7 mg sodium

Chocolate Peanut Butter Crunch Mix

- 1/4 c. semisweet chocolate chips
- 1 T. creamy peanut butter
- 1 T. shortening
- 1 c. rice, corn or wheat squares



Directions

1. In the mug, microwave chocolate chips, peanut butter and shortening on HI for 45 seconds. Stir. If mixture is not smooth, microwave on Hi for another 15 – 45 seconds (checking every 15 seconds) until mixture is stirred smooth.
2. Stir in cereal until coated. Spread mixture evenly on plate prepared with wax paper.
3. Place in refrigerator or freezer for 20 minutes until coating is firm. Break into bite-size pieces.

Serves 4

Nutrition: 146.3 cal., 9 g. fat, 0 mg cholesterol, 15.8 g. carbs, 76.9 mg sodium

Cooking Tip:

If snack looks very glossy, you can turn it into puppy chow by adding 1/4 c. powder sugar to a bowl with the mixture. Add lid and shake to coat.

Nutrition: 177.4 cal., 9 g. fat, 0 mg cholesterol, 23.7 g. carbs, 77 mg sodium

Variations:

White Chocolate Cranberry Crunch: Use white chocolate chips in place of semisweet chocolate. Add 2 T. of dried cranberries with the cereal.

Nutrition: 158.4 cal., 9.1 g. fat, 0 mg cholesterol, 19.0 g. carbs, 77 mg sodium

Crispy Rice Treat

- 3/4 c. miniature marshmallows
- 2 tsp. butter
- 1 c. crisp rice cereal



Directions

1. In the mug, microwave marshmallows and butter on Hi for 20 – 40 seconds, (checking at 20 seconds) or until marshmallows are puffed and butter is melted. Stir until blended.
2. Stir in cereal until coated. Then, pour onto wax paper. Press into a square using wax paper on 4 sides.
3. Refrigerate for 10 - 15 minutes until cool and firm.

Serves 4

Nutrition: 71.6 cal., 2 g. fat, 5.1 mg cholesterol, 13 g. carbs, 64.7 mg sodium

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