

Apple Pie Oatmeal

Apple Pie Oatmeal - Serves 1

This recipe uses the Microwave Soup Mug

½ cup quick cook oats

½ cup milk

½ cup apple, peeled and diced

1 Tbs brown sugar

1 Tbs butter

Mix all ingredients in the mug and cook for 1.5 minutes.

Baked Shells

Baked Shells - Serves 1

This recipe uses the Microwave Soup Mug

1 cup cooked shell noodles

¼ cup pasta sauce

¼ cup shredded Mozzarella cheese plus 1tbs

½ tsp grated parmesan cheese

In steamer stir the pasta, sauce and ¼ cup Mozzarella cheese. On top add 1tbs Mozzarella and the parmesan. Cook for 1 minute 30 seconds.

Banana Foster

Banana Foster - Serves 1

This recipe uses the Microwave Soup Mug

1 banana sliced

2 Tbs brown sugar

1 Tbs butter

¼ tsp Vanilla extract

Put banana, sugar and butter in the mug, cook 2 minutes. Stir in vanilla.

Chicken and Artichoke

Chicken and Artichoke - Serves 1

This recipe uses the Microwave Soup Mug

½ cup cooked chicken

½ cup cooked pasta

½ cup frozen artichoke quarters

¼ cup fresh tomatoes, seeded and diced

1Tbs chicken broth

1Tbs butter

1tsp lemon juice

1/8 tsp minced garlic

1 Tbs grated parmesan cheese

1 Tbs fresh basil chopped

Salt and pepper

Add artichoke, tomato, butter, broth, lemon and garlic and cook 1 minute 30 seconds. Add chicken and pasta, cook 1 minute. Stir in parmesan and basil.

Chicken Chili

Chicken Chili - Serves 1

This recipe uses the Microwave Soup Mug

¼ lb ground chicken

½ cup salsa

1 tsp chili seasoning

2 Tbs shredded cheddar cheese

1 Tbs sour cream

Crumble chicken in the steamer. Cook 1 minute. Chop and stir and cook 30 seconds. Add salsa and seasoning and cook 1 minute. Top with cheese and sour cream.

Chicken Fajita

Chicken Fajita - Serves 1

This recipe uses the Microwave Soup Mug

4 oz boneless skinless chicken cut in thin strips

¼ cup pepper

¼ cup onion sliced in thin strips

1 tsp fajita seasoning

1 Tbs chicken broth

Mix chicken, seasoning and broth in steamer and cook for 2 minutes. Stir in pepper and onion and cook 1 minute 30 seconds more. Serve with warm tortillas.

Chicken in Lemon Butter Sauce

Chicken in Lemon Butter Sauce - Serves 1

This recipe uses the Microwave Soup Mug

4 oz boneless skinless chicken, cut in small cubes

1 cup penne pasta

1 Tbs butter

1 Tbs lemon juice

¼ tsp minced garlic

Salt and pepper

In steamer, add the chicken and garlic, season with salt and pepper. Cook for 1 minute 30 seconds. Stir and cook and additional 30 seconds. Stir in the pasta, butter, lemon juice cook 1 minute.

Chicken Parmesan

Chicken Parmesan - Serves 1

This recipe uses the Microwave Soup Mug

4 oz boneless skinless chicken, cut in small cubes

¼ cup Rotini pasta

¼ cup pasta sauce

¼ cup mozzarella cheese, plus 1tbs

1/2 tsp grated parmesan cheese

Salt and pepper

In steamer, add the chicken, season with salt and pepper. Cook for 1 minute 30 seconds. Stir and cook and additional 30 seconds. Stir in pasta, sauce, ¼ cup cheese. Add 1tbs mozzarella and the parmesan cheese on top. Cook for 1 minute.

Chicken Teriyaki

Chicken Teriyaki - Serves 1

This recipe uses the Microwave Soup Mug

4 oz boneless skinless chicken cut in cubes

¼ cup matchstick carrots

¼ cup broccoli florets

2 Tbs pineapple tidbits

2 Tbs teriyaki marinade

Salt and pepper

Put chicken in the steamer and season with salt and pepper. Cook 2 minutes. Add carrots, broccoli, pineapple and marinade and cook 1 minute 30 seconds. Stir and serve over rice.

Cinnamon Hot Cocoa

Cinnamon Hot Cocoa - Serves 1

This recipe uses the Microwave Soup Mug

1½ cups milk

1 1/2 Tbs unsweetened cocoa powder

2tbs sugar

Dash salt

Dash cinnamon

Pour milk into mug, cook 2 minutes. Add cocoa, sugar and salt, mix well. Stir in cinnamon.

Creamy Tomato Soup

Creamy Tomato Soup - Serves 1

This recipe uses the Microwave Soup Mug

1 cup crushed tomatoes

½ cup chicken broth

½ tsp minced garlic

¼ tsp onion powder

3 Tbs heavy cream

½ tbs fresh basil, chopped

Add tomatoes, broth, garlic and onion powder, cook 2.5 minutes. Stir in cream and basil.

Edemame

Edemame - Serves 1

This recipe uses the Microwave Soup Mug

½ cup frozen shelled edemame

¼ tsp soy sauce

1Tbs water

1/8 tsp kosher salt

Put edemame, soy sauce and water in the steamer. Cook 2.5 minutes. Drain and toss with the salt. Enjoy as a snack or on a salad.

Egg Sandwich

Egg Sandwich – Serves 1

This recipe uses the Microwave Soup Mug

1 egg

1 tsp milk

Salt and pepper to taste

1 bagel

1 slice American cheese

Scramble egg with milk, salt and pepper. Cook 1.5 minutes. Place cheese on half of the bagel, turn egg out onto cheese and put other half bagel on top.

Egg Whites

Egg Whites - Serves 1

This recipe uses the Microwave Soup Mug

2 egg whites

Salt and pepper

Stir salt and pepper into the eggs and cook for 1 minute 30 seconds.

French Toast

French Toast - Serves 1

This recipe uses the Microwave Soup Mug

1 XL egg

1 Tbs half and half

1/4 tsp Vanilla

1/8 tsp cinnamon

1tsp sugar

Dash of salt

1 slice bread, cubed

2 Tbs maple syrup

In the steamer add the egg, half and half, vanilla, cinnamon, sugar, salt and whisk together. Add the bread cubes and gently stir to let the bread soak up the liquid. Cook 1 minute 30 seconds. Serve with the maple syrup.

Garlic Rosemary Butternut Squash

Garlic Rosemary Butternut Squash - Serves 1

This recipe uses the Microwave Soup Mug

1 cup butternut squash cut in ½ inch cubes

¼ tsp minced garlic

½ tsp rosemary

Salt and pepper to taste

Mix all ingredients in the mug, cook 3 minutes.

Hot Dog and Beans

Hot dog and Beans - Serves 1

This recipe uses the Microwave Soup Mug

1 hot dog sliced

1 8.3 oz can baked beans

1 tsp brown mustard

Stir all ingredients in the steamer and cook for 1 minute, stir and cook an additional 1 minute.

Mac and Cheese

Mac and Cheese - Serves 1

This recipe uses the Microwave Soup Mug

1 cup cooked macaroni noodles

2 Tbs heavy cream

1/3 cup shredded cheddar cheese

1/8 tsp dried mustard

1/8 tsp salt

Mix all ingredients in steamer and cook 1 minute 30 seconds. Stir.

Milk Chocolate Fondue

Milk Chocolate Fondue - Serves 3

This recipe uses the Microwave Soup Mug

1 cup milk chocolate

¼ cup heavy cream

Place in mug, cook 1 minute. Stir until creamy, dip in pretzels or fruit.

Minestrone Soup

Minestrone Soup - Serves 1

This recipe uses the Microwave Soup Mug

1 cup vegetable juice cocktail

½ cup beef stock

3 Tbs cooked pasta

½ cup canned mixed vegetables

1 Tbs grated parmesan

1 Tbs fresh basil, chopped

1/8 tsp dried oregano

1/8 tsp garlic powder

1/8 tsp onion powder

Salt and pepper to taste

Mix all ingredients in the mug and cook for 2.5 minutes.

Onion Soup

Onion Soup - Serves 1

This recipe uses the Microwave Soup Mug

1 ½ cups beef broth

½ cup diced onions

½ tbs butter

1/8 tsp sugar

½ tsp minced garlic

¼ tsp dried thyme

½ tsp Worcestershire sauce

½ cup seasoned croutons

¼ cup shredded Swiss cheese

Salt and pepper to taste

Put onion, butter sugar and garlic in the mug and cook 1 minute. Add broth, thyme, Worcestershire sauce salt and pepper, cook 2 minutes. Sprinkle croutons then cheese on top.

Orzo with Mushrooms

Orzo with Mushrooms - Serves 1

This recipe uses the Microwave Soup Mug

½ cup sliced baby bella mushrooms, cut in half

¼ cup diced white onion

¼ tsp minced garlic

1 Tbs butter

1 Tbs olive oil

¾ cup cooked orzo

1 Tbs grated parmesan cheese

1 Tbs fresh basil chopped

Salt and pepper

Add mushrooms, onion, garlic, butter and oil and cook for 1 minute 30 seconds. Stir in the orzo, and cook 1 minute, stir in the parmesan and the basil.

Pasta Primavera

Pasta Primavera - Serves 1

This recipe uses the Microwave Soup Mug

1 cup cooked pasta

¼ cup broccoli florets

¼ cup sliced mushrooms

¼ cup zucchini diced

¼ cup onion diced

¼ cup diced tomatoes

2 Tbs butter

2 Tbs chicken broth

3 Tbs heavy cream

3 Tbs grated parmesan cheese

1 tsp minced garlic

1/8 tsp pepper

1 Tbs fresh basil chopped

In steamer add broccoli, mushrooms, zucchini, onion and butter. Cook for 1 minute 30 seconds. Add tomatoes, broth, cream, garlic, pepper and pasta. Stir together and cook 1 minute. Toss in the parmesan and the basil.

Pasta with Bacon and Tomato

Pasta with Bacon and Tomato - Serves 1

This recipe uses the Microwave Soup Mug

2 slices cooked bacon crumbled

2 Tbs onion diced

2 Tbs fresh tomato, seeds removed and diced

1 Tbs butter

1 ½ Tbs grated parmesan cheese

1 cup cooked penne pasta

Put onion and butter in the steamer and cook 1 minute. Add the bacon, tomato and pasta and cook 1 minute 30 seconds more. Stir in parmesan cheese.

Pepperoni Pizza Pasta

Pepperoni Pizza Pasta - Serves 1

This recipe uses the Microwave Soup Mug

1 cup pasta

¼ cup pepperoni diced

¼ cup pizza sauce

1 tsp grated Parmesan cheese, divided

Set aside ½tsp parmesan. Mix all other ingredients in steamer, cook 1.5 minutes. Stir then sprinkle 1/2tsp parmesan on top.

Rotisserie Chicken Noodle Soup

Rotisserie Chicken Noodle Soup - Serves 1

This recipe uses the Microwave Soup Mug

½ cup rotisserie chicken cut up

2 Tbs Carrots finely diced

2 Tbs celery finely diced

1 packet noodle soup

¾ cups water

Place the carrots and celery in the steamer and cook for 1 minute 30 seconds. Add chicken, soup mix and water and cook 2 minutes.

Shrimp Cocktail

Shrimp Cocktail - Serves 1

This recipe uses the Microwave Soup Mug

6 large shrimp, peeled, deveined, tail on

2 Tbs cocktail sauce

Place shrimp in the steamer, cook 1 minute. Remove to a bowl. Refrigerate until chilled, about 1 hour and serve with cocktail sauce.

Shrimp Fried Rice

Shrimp Fried Rice - Serves 1

This recipe uses the Microwave Soup Mug

½ cup salad shrimp thawed

½ cup cooked rice

¼ cup shredded carrots

¼ cups small broccoli florets

¼ cup onion, finely diced

1 Tbs soy sauce,

¼ tsp minced garlic

pepper

1 egg

Scramble egg in the steamer, cook 1 minute. Remove the egg and chop it up. Place the carrots, broccoli, onions, and pepper in the steamer and cook 2 minutes. Add the rice, soy sauce, shrimp and the egg back in and cook 1 minute.

Taco

Taco - Serves 1

This recipe uses the Microwave Soup Mug

¼ lb ground beef

½ Tbs taco seasoning

½ cup slightly crushed nacho cheese chips

Place beef and seasoning in the steamer. Cook 1 minute, stir and cook an additional 30 seconds or until meat is cooked through. Add chips on top.

Wonton Soup

Wonton Soup - Serves 1

This recipe uses the Microwave Soup Mug

1 cup chicken broth

3 mini frozen wontons

½ tsp soy sauce

1 tsp green onions

Place broth, wontons and soy sauce in steamer, cook 2 minutes 30 seconds. Stir in the green onion.