

A top-down photograph of a white ceramic bowl filled with vibrant red tomato soup. The soup is garnished with several slices of fresh green jalapeños and a sprinkle of black pepper. To the left of the bowl, four golden-brown crostini are stacked. Above the bowl, a cluster of fresh red cherry tomatoes and a single green jalapeño pepper are scattered on a dark, rustic wooden surface. A light-colored, textured cloth is partially visible under the bowl and crostini. The overall scene is well-lit, highlighting the textures of the food and the wood.

# **250 BEST MEALS IN A MUG**

**DELICIOUS  
HOMEMADE  
MICROWAVE  
MEALS IN  
MINUTES**

**CAMILLA V. SAULSBURY**



# Cinnamon Sugar Muffin

What better way to rise and shine than with a freshly made cinnamon sugar muffin? Though it is easy to make, it is perfection in its simplicity.

## Tips

To measure the egg, whisk 1 large egg in a small airtight container. Measure 2 tbsp (30 mL) into the mug as directed. Cover and refrigerate the remaining egg (about 2 tbsp/30 mL) for up to 2 days.

One small egg can be used in place of the 2 tbsp (30 mL) beaten egg.

Try replacing the cinnamon with pumpkin pie spice.

## Storage Tip

The muffin can be made in advance. Remove from mug and let cool completely, then tightly wrap in plastic wrap, parchment paper or foil, or store in an airtight container. Store at room temperature for up to 1 day or in the refrigerator for up to 2 days.

## ◆ 12- to 16-oz (375 to 500 mL) mug, sprayed with nonstick cooking spray

4 tsp	granulated sugar	20 mL
½ tsp	ground cinnamon	2 mL
1 tbsp	butter	15 mL
2 tbsp	beaten egg	30 mL
1 tbsp	milk	15 mL
¼ tsp	vanilla extract	1 mL
¼ cup	all-purpose flour	60 mL
¼ tsp	baking powder	1 mL
⅛ tsp	salt	0.5 mL

1. In a small bowl or cup, combine sugar and cinnamon until blended.
2. In the mug, microwave butter on High for 15 to 30 seconds or until melted. Using a fork, whisk in egg, milk, vanilla and half the cinnamon sugar. Still using the fork, beat in flour, baking powder and salt until smooth. Sprinkle batter with remaining cinnamon sugar.
3. Microwave on High for 1 to 2 minutes (checking at 1) or until center is just set. Let cool slightly or entirely in mug. Eat directly from mug or gently remove to a small plate.

## Variations

- **Blueberry Muffin:** Add 6 to 8 blueberries (depending on size) to the batter after mixing.
- **Cranberry Orange Muffin:** Add 1½ tbsp (22 mL) dried cranberries and ½ tsp (2 mL) grated orange zest with the egg.
- **Gluten-Free Cinnamon Sugar Muffin:** Use almond flour in place of the all-purpose flour. Make sure the baking powder is gluten-free.

## Prep Ahead Option

Measure the sugar and cinnamon into a small airtight container; cover and store at room temperature. Measure the butter into the mug; cover and refrigerate. Measure the flour, baking powder and salt into a small airtight container; cover and store at room temperature. Measure the egg, milk and half of the cinnamon sugar into a small airtight container; cover and refrigerate until ready to use.





# Brown Rice with Edamame and Pineapple

Here, the light, tropical combination of pineapple and brown rice is given texture and heft with the additions of edamame and cashews, turning it into a flavorful main course mug.

## Tips

You can use  $\frac{2}{3}$  cup (150 mL) cooked brown rice (or any other cooked grain, such as quinoa, barley or bulgur) in place of the instant brown rice. In step 1, microwave the edamame in the water on High for 5 to 6 minutes or until heated through. Drain. Add the cooked rice with the pineapple in step 2. Increase the cooking time by 45 to 60 seconds.

Chopped roasted peanuts or almonds can be used in place of the cashews.

## ◆ 16-oz (500 mL) mug

$\frac{1}{2}$ cup	instant brown rice	125 mL
$\frac{2}{3}$ cup	water	150 mL
$\frac{1}{3}$ cup	frozen shelled edamame	75 mL
$\frac{1}{4}$ cup	diced fresh or drained canned pineapple	60 mL
1 tbsp	teriyaki sauce	15 mL
	Hot pepper sauce	
2 tbsp	chopped cashews	30 mL

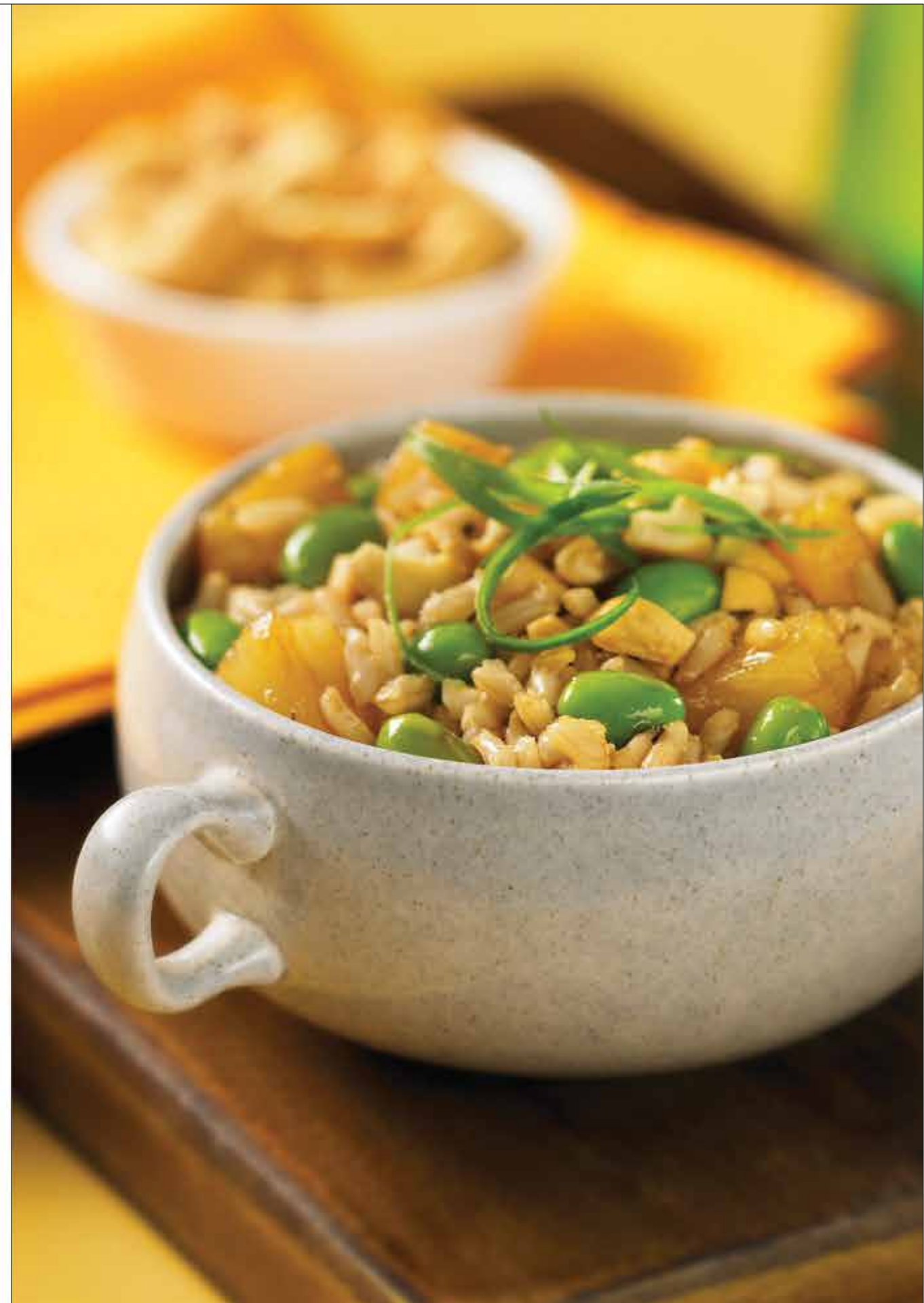
## Suggested Accompaniments

Sliced green onions; chopped fresh mint or cilantro

1. In the mug, combine rice and water. Place edamame on top. Cover with a small plate or saucer. Microwave on High for 5 to 6 minutes or until almost all of the water has been absorbed. Remove from oven and let stand, covered, for 1 minute to absorb the remaining water.
2. Stir in pineapple and teriyaki sauce. Microwave, uncovered, on High for 30 to 45 seconds or until pineapple is heated through. Let stand for 30 seconds. Stir, then season to taste with hot pepper sauce. Sprinkle with cashews and any of the suggested accompaniments, as desired.

## Prep Ahead Option

Measure the rice and edamame into the mug; cover and refrigerate. Measure the pineapple and teriyaki sauce into a small airtight container; cover and refrigerate. Measure the cashews into a small airtight container; cover and store at room temperature until ready to use.



Introduction  
Microwave Know-How  
Mug Smarts  
The Mug Meals Pantry  
Measuring Ingredients

### **SUPER-FAST, CHEAP AND EASY RECIPES WITH 4 INGREDIENTS (OR LESS)**

Apple Pancake Puff  
Egg Mug-Muffin Sandwich  
Mug Frittata  
Tofu Scramble  
Bacon Cheddar Grits  
Hearty Hash Brown Mug  
"Baked" Banana Oatmeal  
Creamy Tomato Soup  
Creamy Broccoli Soup  
Pumpkin Sage Soup  
Black Bean Soup  
Speedy Minestrone  
Egg Drop Soup  
Bacon and Corn Chowder  
Quinoa Chili  
Mug Enchilada  
Red Beans and Rice  
Mediterranean Lentil Mug  
Spinach and Pesto Casserole  
Beef and Broccoli Takeout Mug  
Pesto Chicken Couscous  
Thanksgiving in a Mug  
Spaghetti and Meatballs  
Creamy Blue Cheese Pasta  
Peanut Noodles  
Vegetable Lo Mein  
Vegetable Un-Fried Rice  
Cheese Fondue  
Warm Parmesan Spinach Dip  
Layered Southwestern Dip  
Pepperoni Pizza Dip  
Mug Popcorn  
Chocolate Peanut Butter Crunch Mix

Granola Puck  
Crispy Rice Treat  
Mug Brownie  
1-2-3 Mug Cake  
Cocoa Banana Pudding Cake  
Cheesecake in a Mug  
Baked Apple

### **BREAKFAST**

Mug Granola  
Multigrain Cereal Mug  
Quinoa Breakfast Porridge  
Chocolate Chip Cookie Dough "Baked" Oatmeal  
Carrot Cake Oatmeal  
Honey Breakfast Couscous  
Brown Sugar Vanilla Breakfast Polenta  
Apple Butter Breakfast Mug  
Maple Berry Compote with Yogurt  
Peach Breakfast Clafouti  
Raspberry Blintz Mug  
Poached Egg  
Huevos Rancheros  
Essential Omelet  
Scrambled Eggs Florentine  
Green Eggs and Ham  
Tex-Mex Migas Mug  
French Toast  
Tomato Herb Breakfast Strata  
Ham and Hash Brown Breakfast Casserole  
Southern Sausage and Grits Casserole  
Cheese and Bacon Breakfast Puffs  
Cinnamon Roll in a Mug  
Cranberry Nut Scone  
Crumb Coffeecake  
Fruit and Fiber Breakfast Cookie  
Chocolate Chip Protein Breakfast Cookie  
Bread and Muffins  
Irish Brown Bread

Green Onion Bread  
Presto Pesto Bread  
Double Cheese Bread  
Pepperoni Pizza Bread  
Cornbread  
Southern Corn Spoon Bread  
Pumpkin Bread  
Zucchini Bread  
Banana Bread  
Buttermilk Biscuit  
Multigrain Muffin  
Banana Bran Muffin  
All-Flax Muffin  
Almond Flour Muffin  
Low-Carb Coconut Flour Muffin  
Cinnamon Sugar Muffin  
Oatmeal Raisin Muffin  
Blueberry Wheat Germ Muffin  
Fresh Apple Muffin  
Whole Wheat Cottage Cheese Muffin  
Chocolate Chip Oat Bran Muffin  
High-Protein Chocolate Mug Muffin

### **SOUPS, STEWS AND CHILIS**

Moroccan Carrot Soup with Yogurt  
Kale and Barley Soup  
Petite Pea Soup  
Bistro Onion Soup  
Loaded Potato Soup  
Thai Curry Pumpkin Soup  
Sweet Potato and Coconut Soup  
Soupe au Pistou  
Pasta e Fagioli  
Spring Green Minestrone  
Black Bean and Quinoa Soup  
Bean and Bacon Soup  
Collard Greens and Black-Eyed Pea Soup

West African Peanut Soup  
Tomato, Couscous and Chickpea Soup  
Edamame Succotash Soup  
Miso, Brown Rice and Tofu Soup  
Greek Lemon and Rice Soup  
Beef and Barley Soup  
Vietnamese Pho  
Smoked Sausage and Potato Chowder  
Chicken Pot Pie Soup  
Green Chile and Chicken Posole  
Salmon Chowder  
Manhattan Clam Chowder  
Caldillo  
Italian Meatball Stew  
Chicken and Vegetable Stew  
Smoky Bacon Chili  
Winter Squash, Sausage and White Bean Chili  
Black-Eyed Pea Chili with Ham

### **MEATLESS MAIN DISHES**

Cauliflower and Goat Cheese Casserole  
Curried Cauliflower and Peas  
Eggplant Parmesan Mug  
Portobello and Potato Casserole  
Spinach Saag Paneer  
Tomato and Zucchini Crumble  
Zucchini Lasagna  
Lemon Gnocchi with Peas and Parmesan  
Gnocchi with Marinara, Olives and Basil  
Gnocchi with Mushrooms and Sage  
Gnocchi with Creamy Pumpkin Sauce  
Warm Lentils Vinaigrette

Spiced Lentils with Yogurt, Almonds and Mint  
Koshari  
Butternut Squash and Black Bean Mug  
Unstuffed Pepper Mug  
Egyptian Beans with Zucchini (Ful Medames)  
Moroccan Date and Chickpea Tagine  
Chickpea Potato Masala  
Marinara Chickpeas with Poached Egg and Feta  
Quiche in a Mug  
Chile Rellenos Mug Casserole  
Spanish Tortilla  
Korean Vegetable Puff (Pa Jeon)  
Mu Shu Mug  
Black Pepper Tofu  
Cashew Tofu with Cucumber  
Tofu and Green Beans with Coconut Sauce  
Snow Peas and Tofu with Spicy Sauce  
Barbecued Tempeh and Peppers  
Tempeh Provençal  
Tempeh Bolognese  
Spicy Tempeh and Vegetable "Stir-Fry"

### **MEAT, POULTRY AND SEAFOOD MAIN DISHES**

Philly Cheesesteak Mug  
Picadillo  
Thai-Style Beef and Peppers Mug  
Joe's Special  
Mug Meatloaf  
Upside-Down Shepherd's Pie  
Tamale Mug Pie  
Beef Burrito Mug  
Not-So-Sloppy Joe Mug  
Sausage, White Bean and Rosemary Mug

Irish Champ with Smoked Sausage  
Oktoberfest Mug  
Cowboy Hash  
Artichoke, Ham and Swiss Supper  
Cauliflower and Ham Gratin  
Chicken Cordon Bleu Mug  
Buffalo Chicken Mug  
BBQ Chicken Mashed Potato Bowl  
Chicken Club Mug  
King Ranch Chicken Casserole  
Chicken and Broccoli Casserole  
Primavera Chicken and Vegetable Mug  
Barbecued Chinese Chicken Lettuce Wraps  
Teriyaki Salmon Mug  
So-Simple Salmon Cake  
Tuna Crunch Casserole  
Tuna Niçoise Mug  
Crab, Corn and Tomato Mug  
Shrimp Cilantro  
Mediterranean Shrimp, Chickpeas and Peppers  
Shrimp, Sausage and Brown Rice Jambalaya

### **PASTA AND GRAINS**

Pick-Your-Sauce Spaghetti  
Macaroni and Cheese  
Unstuffed Shells with Cheese and Spinach  
Puttanesca Pasta  
Pumpkin, Sage and Parmesan Pasta  
Hummus Pasta  
Spinach, Chickpea and Feta Pasta  
Pasta with White Beans, Broccoli and Parmesan  
Cheeseburger Noodles  
Three-Cheese Spaghetti Pie

Bacon and Egg Spaghetti 228  
Bacon, Goat Cheese and Butternut Squash Pasta  
Antipasto Pasta  
Sausage and Pepper Pasta  
Chicken Noodle Mug  
Salmon and Dill Orzo  
Cheesy Tuna Pasta Casserole  
Tuna Pasta with Capers and Lemon  
Miso Noodles  
Sesame Noodles  
Brown Rice with Edamame and Pineapple  
Hoppin' John  
Paella  
Brown Rice Risotto  
Mushroom Barley Risotto  
Tabbouleh  
Mediterranean Chickpea Couscous  
Mug Polenta  
Shrimp and Grits  
Primavera Quinoa Mug  
Loaded Quinoa Taco Mug

### **SNACKS**

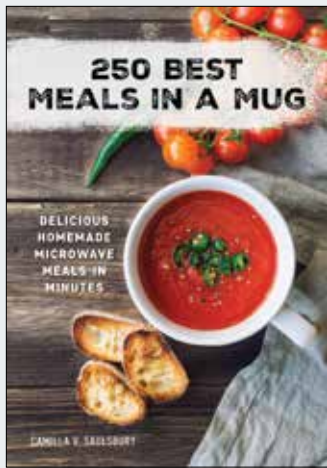
Sesame Soy Edamame  
Crispy Cumin Chickpeas  
Sugar and Spice Nuts  
Chili-Spiced Nuts  
Parmesan Pepper Snack Mix  
Chocolate Trail Mix Bark  
Chewy Cranberry Granola Bar  
Sweet-and-Sour Smoked Sausages  
Corn Chip Pie  
Chili Bean Queso  
Jalapeño Popper Dip  
Loaded Tater Tot Dip  
Indian Yogurt Dip  
Greek Yogurt Peanut Butter Dip  
Spicy Thai Peanut Dip

Texas Caviar  
Warm White Bean Garlic Spread  
Warm Tonnato Bean Spread  
Bubbling Deviled Crab Dip

### **DESSERTS**

Sugar Cookie  
Shortbread Cookie  
Peanut Butter Cookie  
Oatmeal Raisin Cookie  
Magic Cookie Layered Mug Bar  
Chocolate Chip Butterscotch Blondie  
Vanilla Cake  
Double Lemon Cake  
Banana Toffee Cake  
Salted Caramel Cake  
Chocolate Cake  
Chocolate Hazelnut Cake  
Red Velvet Cake with Cream Cheese Frosting  
S'mores Cake  
Gingerbread  
Brown Sugar Sweet Potato Cake  
Ricotta Cake  
Lemon Cream Pie  
Chocolate Cream Pie  
Pumpkin Pie  
Cinnamon Apple Crisp  
Blackberry Crumble  
Bananas Faster Foster  
Banana Pudding  
Vanilla Pudding  
Chocolate Pudding  
Rice Pudding  
Bread Pudding  
Egg Custard  
Pumpkin Custard  
Brownie Batter Dip  
S'mores Dip  
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## ABOUT THE AUTHOR

**Camilla V. Saulsbury** is a cookbook author, recipe developer and cooking instructor. She has been featured on the *Food Network*, in the *New York Times* and on *Today* and *QVC*. She has won several top cooking competitions, including the *Food Network's* Ultimate Recipe Showdown. She is the author of twelve cookbooks including *5-Ingredient Air Fryer Recipes*.

# 250 BEST MEALS IN A MUG

Delicious Homemade Microwave Meals in Minutes

*The craze of microwaving portion-size dishes in a mug is only gaining steam.*

Mug meals are a perfect solution for solo dining and a quick and easy option for busy people. They offer a convenient and budget-friendly way to eat delicious and healthy meals when, for example, living in a dorm, travelling in a RV or eating at the office. Individual-portion-sized recipes cover every meal of the day with just a quick trip to the microwave. In just 2 minutes, breakfast gets a nutritious boost with a moist and tender Banana Blueberry Muffin and lunch takes its inspiration from New Orleans with Red Beans and Barley.

Some of the other delicious options include: *Banana Bread*, *Almond Flour Muffin*, *Apple Cinnamon Bread*, *Loaded Baked Potato Soup*, *Quinoa Minestrone*, *Miso and Mushroom Soup*, *Eggplant Parmesan Mug*, *Green Chile Quesadilla Mug*, *Chickpea Potato Masala*, *Cauliflower and Ham Gratin*, *Shepherd's Pie*, *Teriyaki Salmon*, *Chocolate Fudge Cake* and *Lemon Pudding Cake*.

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 recipe takes all the guesswork out of planning healthy meals.

- Mug meals and desserts have been trending over the past half-decade on account of their ease, especially for those who are solo or on the go.
- Fresh new cover perfect for reaching a new and untapped audience and will help us to compete with new books on the subject that have come to market in the last five years.
- Perfect for students, singles and seniors.

## MARKETING & PUBLICITY

**Robert Rose will launch a targeted marketing and publicity campaign across North American platforms.**

- Blogger and reviewer campaign targeting food sites;
- Social media outreach including all publisher platforms and channels (Facebook, Pinterest, Twitter, Instagram).