

Macaroni & Cheese in a Mug

1/3 cup pasta 1 cup hot water
4 Tablespoons milk ½ teaspoon cornstarch
Salt & Pepper 4 Tablespoons grated cheese

- Add pasta and water to mug.
- Microwave for 4 minutes. (based on 1200 wats)
- Pour off remaining cooking water
- Stir in the cornstarch, milk and cheese. Microwave for 60 seconds to create your sauce.
- Stir and add salt and pepper.

Cinn-A-Bun in a Mug

1 Tube Pillsbury Country Biscuits (not flaky) (10 count)
4 TBS melted butter
1/3 cup brown sugar
1-2 TBS Cinnamon Vanilla Seasoning

- Mix brown sugar and seasoning together in small bowl
- Remove 5 biscuits and flatten.
- Dip or rush each biscuit in butter and dredge with sugar/cinnamon mixture
- Layer biscuits in CrystalWave Soup Mug
- Cook uncovered for 2 min, 15 sec on medium power
- Invert onto luncheon plate.
- Mix remaining butter and cinnamon sugar to make topping. Pour over warm bun.

Chicken Pot Pie in a Mug

3-4 T cooked chicken 2 T frozen veggies (peas/carrots)
1½ teaspoon cornstarch Salt & pepper
3 T chicken stock 1 T milk or cream

For topping:

4 T flour ½ t baking powder
½ t salt ½ T butter, cubed
3 ½ T milk 1 T chopped herbs

- Mix chicken, veggies, cornstarch and salt & pepper in mug.
- Pour in stock and milk. Stir well. Set aside.
- Add butter to dry ingredients for topping to resemble breadcrumbs
- Scoop batter on top of chicken mixture. It will sink a little.
- Microwave 2 min, 15 sec until batter is firm and not wet

Soup Mug Egg McMuffin

English Muffin
Egg
Canadian Bacon
Cheese

- In soup mug, place one half of an English muffin.
- Break an egg on top of it, pierce yolk with a fork and sprinkle with salt & pepper to taste.
- Seal Soup Mug and vent. Microwave on High for 1 minute.
- Remove from microwave, add a slice of ham or Canadian bacon and cheese, then top with the other half of English muffin.
- Seal Soup Mug and vent. Microwave on High for 45 seconds. If cooking more than one sandwich at a time, add 30 seconds to each cooking time for each additional mug.