

Mug/Ramekin Cooking - Recipes



Mug/Ramekin - Omelet

Ingredients

2 eggs
2 tablespoons milk
Cheese shredded
Breakfast sausage chopped
Onion chopped
Scallions chopped
Peppers chopped



Instructions

- In a microwave safe mug add eggs and whisk with a fork.
- Add cheese, milk, peppers, sausage
- Salt and pepper.
- Whisk until all ingredients are completely mixed together.
- Microwave for one minute.
- Stir and break up any large chunks of egg.
- Cook for another 45 to 60 seconds or until eggs are set.
- Top with scallions and parsley.

Mug/Ramekin - Blueberry Pancake

Ingredients

3 Tablespoons Pancake Mix
1 Tablespoon Milk
1 Tablespoon vegetable oil
1 Egg
1 Tablespoon blueberries
Cooking Spray
Butter
Syrup

Instructions

- In a bowl, whisk together pancake mix, milk, egg and oil.
- When mixed, add blueberries.
- Spray the inside of a mug with cooking spray.
- Fill the mug about half way full with pancake mixture.
- Microwave for approximately 1-1/2 minutes until it is firm to the touch on top. (Times may vary for different ovens)
- Top with butter, syrup and more berries and enjoy.



Mug/Ramekin – French Toast with Banana

Ingredients

Day old bread large cubes
1/4 cup Milk
1 Egg
1/2 Banana mashed
1/2 Teaspoon Vanilla
1/2 Teaspoon Cinnamon
Maple Syrup
Banana Slices

Instructions

- Spray the inside of a mug with cooking spray.
- Fill the mug with bread cubes to the top.
- In a small bowl, whisk together milk, egg, mashed banana, vanilla and cinnamon. Pour the mixture over the bread cubes making sure they are fully coated.
- Microwave for two minutes (Times may vary for different ovens)
- Top with maple syrup and banana slices.



Mug/Ramekin – Pizza

Ingredients

13.8oz pizza crust dough
(or Grands Biscuits)
3/4 cup shredded cheese
blend
1/4 cup pizza sauce
Toppings of choice

Instructions

- Unroll pizza crust.
- Invert a ramekin or small bowl upside down on the corner of the pizza crust.
- Trace around the outside of the ramekin with a knife.
- Place the pizza crust in the bottom.
- Microwave for 30 seconds.
- Place pizza sauce on top of the dough.
- Sprinkle with cheese and toppings.
- Microwave for 1 minute.



Mug/Ramekin - Lasagna

Ingredients

1/2 cup whole milk ricotta
1/4 cup freshly grated
parmesan cheese
1/2 cup mozzarella cheese
shredded and divided
1/2 cup marinara sauce
divided
1/2 tsp Italian seasoning
1/2 tsp kosher salt
1/4 tsp freshly ground black
pepper
3 pre-cooked lasagna noodles

Instructions

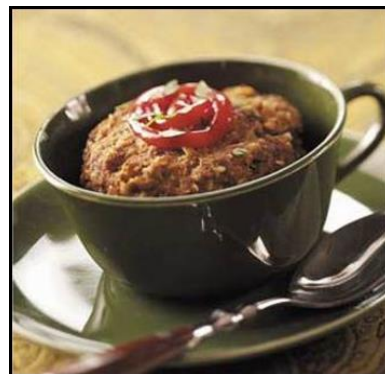
- In a bowl combine ricotta, parmesan cheese, seasonings, salt and pepper.
- Mix until combined.
- Spoon 1/2 the mixture over one lasagna sheet. Repeat adding a second sheet.
- Top with third noodle sheet.
- Roll it up
- In a large microwave safe mug add 1/4 cup marinara, and 1/4 cup mozzarella.
- Add the lasagna roll.
- Top with remaining sauce and cheese.
- Microwave on high for 2-3 minutes or until cheese is bubbly.



Mug/Ramekin - Meat Loaf

Ingredients

2 tablespoons milk
1 tablespoon ketchup
2 tablespoon quick-cooking
oats
1 teaspoon onion soup mix
1 pinch salt
1 pinch garlic powder
1 pinch onion powder
1/4 pound lean ground beef



Instructions

- In a small bowl, combine the milk, ketchup, oats and soup mix.
- Crumble beef over mixture and mix well.
- Pat into a microwave-safe mug or custard cup coated with cooking spray.
- Cover and microwave on high for 3 minutes or until meat is no longer pink and a thermometer reads 160°
- Drain.

Let stand for 3 minutes. Serve with additional ketchup if desired.

Mug/Ramekin - Loaded Baked Potato Casserole

Ingredients

8 slices bacon
2 lbs medium russet potatoes
1/4 cup heavy cream
2 tbsp butter
2 tsp salt + 1/2 tsp
1/2 tsp pepper
3 cups cooked chicken
chopped
4 green onions sliced thin
8 oz sharp cheddar grated

Instructions

- Cook the bacon as desired.
- Peel and cut potatoes into large chunks. Place potatoes in a medium pot, cover with cold water, and bring to a boil. Add 2 tsp salt, reduce heat and simmer until just tender, but not falling apart. (About 15 minutes.) Drain and transfer to a large bowl.
- Add cream and butter to potatoes, roughly mash with a fork leaving some chunks.
- Add the chicken, scallions, bacon, 6oz cheese, remaining salt, and pepper to the potatoes. Mix well to combine.
- Transfer to a shallow baking dish or 6-8 large ramekins.
- Sprinkle with remaining cheese and bake until melted at 350 degrees. About 15 minutes for ramekins.



Mug/Ramekin – Chicken Pot Pie

Ingredients

Pie crust
6 Tablespoon unsalted butter
softened
1/4 cup all-purpose flour
1 Tablespoon cornstarch
1/2 cup milk
Small onion finely chopped
Medium carrot diced
1 celery stalk diced
1 cup condensed chicken
broth or 1 cup water plus 2
chicken bouillon cubes
1/2 medium size russet potato
peeled and diced
2 medium size baked chicken
breasts
1/2 cup frozen peas
Salt to taste
Freshly ground black pepper
to taste

Instructions

- To prepare the filling, combine 4 tablespoons of the softened butter with the flour in small bowl. Set aside.
- In a separate bowl, dissolve the cornstarch in the milk. Set aside.
- In a large saucepan, add two tablespoons of butter and sauté the onion, carrot, and celery over medium-high heat for about 3 minutes.
- Add the broth and the potatoes, and bring to a boil.
- Cover and simmer for about 10 minutes or until the vegetables are just tender.
- Add the butter and flour mix and bring to a gentle boil, constantly stirring.
- Pour in the milk and cornstarch mixture and bring to a boil.
- Add salt and pepper to taste.
- Stir in the chicken and peas.
- Cover and let cool.
- Preheat the oven to 400F.
- Roll out 4 disks into 8"-9" circles and 4 disks into 5"-6" circles respectively.
- press the larger pie crusts into the ramekins.
- Spoon the chicken filling into the ramekins.
- Cover with the second sheet of dough. Crimp the edges and tuck them in. --Brush the top with egg yolk wash.
- Bake on the rack positioned in the middle of the oven for about 50 minutes or until the pastry is golden brown.
- Let rest for 15 minutes before serving.
(Recipe makes 4 ramekin pot pies.)



Mug/Ramekin – Bread Pudding

Ingredients

1 cup cubed bread, day old
1 large egg
1/3 cup milk
1/4 teaspoon vanilla extract
2 to 3 tablespoons sugar
1 to 2 tablespoons raisins,
chocolate chips, butterscotch
chips, dried fruit, cinnamon,
or the garnish of your choice

Instructions

- Place bread cubes in a microwave safe mug or ramekin.
- Whisk together the egg, milk, vanilla, and sugar.
- Pour over the bread in the bowl, stirring gently to combine.
- Stir in raisins, chips or dried fruit. And/or sprinkle with cinnamon, cinnamon-sugar, or nutmeg.
- Microwave for 1 minute, uncovered.
- Check and see if it's still liquid. If it is, microwave in 30-second bursts, till pudding is cooked all the way to the center; the very center can still look a bit uncooked, but it shouldn't be liquid.
- Remove from the microwave.
- Top with maple syrup, melted caramel, fudge sauce, or ice cream.



Mug/Ramekin – Banana Bread

Ingredients

1 large ripe banana, mashed
1 large egg
1 tablespoon almond milk
1 tsp honey
1/4 cup flour
1/4 tsp baking powder
1/4 tsp ground cinnamon
1 tablespoon chopped walnuts



Instructions

- In a large microwave-safe mug place the mashed banana, egg, almond milk and honey and whisk to combine.
- Add flour, ground cinnamon, baking powder and whisk until smooth.
- Fold in the chopped walnuts.
- Microwave on high for 3 -3 1/2 minutes or until just firm to touch and toothpick inserted into the center comes out clean.
- Top with banana slices.
- Serve warm

Mug/Ramekin - Peach Cobbler

Ingredients

1 Tablespoon butter
3 Tablespoon white cake mix
(I used Betty Crocker)
1 - 2 pinches of cinnamon
(can also add a small pinch
nutmeg too)
2 1/2 Tablespoon milk
1 (4 oz) pkg. diced peaches in
light syrup

Instructions

- Place butter in a mug and melt in microwave.
- In a small bowl whisk together cake mix and cinnamon, milk until well blended.
- Pour mixture over melted butter in mug (don't stir). Drain off 2 tablespoon liquid from peaches (about 2/3 of the liquid), then pour peaches over top of cake mix (don't stir).
- Microwave on 50% power for about 3 - 4 minutes, until desired doneness (time may vary depending on each microwave oven and wattage).
- Allow to cool slightly (it will be ridiculously hot) then optionally top with vanilla ice cream and a light dusting of cinnamon.



Mug/Ramekin – Jelly Donut

Ingredients

2 tablespoons Butter
4 tablespoons flour
1 Egg yolk
2 tablespoons sugar
1 tablespoon milk
1/2 teaspoon baking powder
1/4 teaspoon ground
cinnamon
1 tablespoon Strawberry jam
Cinnamon sugar to garnish



(Cooking time may vary)
Sprinkle some cinnamon sugar on top and enjoy.

Instructions

- Place butter into a microwavable mug and microwave until just melted. (Roughly 20 seconds)
- Add in the remaining ingredients; mix well with a fork until just combined
- Once the batter is mixed place the spoonful of jam down into the batter to get a jelly center
- Microwave for 45 seconds or until it is firm on top.

Mug/Ramekin – Rice Krispies Treats

Ingredients

1/2 Tablespoon unsalted
butter
4 large marshmallows
1/2 cup mini marshmallows
1 cup Rice Krispies cereal

Instructions

- In a microwave-safe mug, microwave butter on high until completely melted.
- Add marshmallows and microwave for 20 seconds more.
(Marshmallows will puff up, so be careful to not let them overflow from mug.)
- Remove from microwave and stir until smooth.
- Stir in cereal until well blended.



TIPS - Some products to simplify some recipes:

- Swanson canned white chicken breast works good for pot pies and other recipes.
- When just a small amount of egg is needed for cakes or breads, we use Egg Beaters. The Southwestern style with peppers and onions is great for omelets.
- For topping desserts with ice cream, we like individual ice cream cups. (It keeps me from eating a whole tub).
- When cobbler recipes require oats, we use instant oatmeal packets like apple or peach & cream. I suppose you can even eat the oatmeal for breakfast ;-)
- Pancake mix can be substituted for some of the cake mix recipes.
- Vanilla cake mix is great for reducing the number of ingredients you need to pack.
- For a quick mug cake, we use 3 tablespoons of white cake mix, 1 tablespoon water (or Sprite), 2/3 tablespoon veg oil, and 1-1/4 egg beaters. Spray the mug with spray oil and microwave approx. 1-1/2 minutes.
- For an excellent key lime mug cake, swap key lime juice for water in the mix.
- Increasing the amount of egg or water in a mug cake can keep them light and not rubbery.
- When you just need a little shredded cheese, LandOLakes individually wrapped cheese snack blocks can be diced up instead of packing a large pack of shredded cheese. Mozzarella cheese sticks make great mini pizzas.
- Preparing meals at home before a camping trip saves time and provided more time for enjoying nature.