



Kelly's Cooking Corner – February 2023

Meatloaf in a Mug – 1 Serving

2 T. 2% milk
1 T. ketchup
2 T. quick cooking oats

1 tsp. onion soup mix
¼ lb. lean ground beef
16 oz. microwave safe mug



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. Cover and microwave on High for three minutes or until meat is no longer pink and thermometer reads 160 degrees; drain. Let stand for three minutes. Serve with additional ketchup if desired.

Nutrition: 393 calories, 25g fat, 17 grams carbohydrates and 736 mg sodium. Purdue Extension

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Ham and Hash Brown Breakfast Casserole – 1 Serving

¾ c. frozen shredded hash browns
1- large egg
2 T. Chopped ham or cooked sausage
2 T. shredded cheese

1 T. finely chopped onion
1 T. sour cream or plain Greek yogurt
salt and pepper to taste



In a 12 to 16-oz. mug, microwave hash browns on high for 1 ½ to 2 minutes or until warmed through. Using a fork, beat in the egg. Stir in ham, cheese, onion, and sour cream until blended, and season with salt and pepper. Microwave for 45 to 75 seconds or until set.

250 Best Meals in a Mug

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