

# Simple Microwave Lunches

## Microwave Chunky Tomato soup



### Ingredients

1 teaspoon cooking oil

Small carrot, diced

½ stick celery, diced

1 small can or ½ large can chopped tomatoes

¼ cup stock or plain water

Salt & pepper plus some dried basil if available.

### Method

Put the oil, carrot and celery in a mug and microwave on full for 1 minute.

Add the tomatoes, stock, salt and pepper, and herbs if using. Microwave for 1 minute.

Stir, then cook for a further 2 minutes, stirring every 30 seconds or so, until the soup is thick and hot.

## Microwave Creamy Vegetable Soup



### Ingredients

½ cup peas/sweetcorn, tinned or frozen

¼ red pepper, diced

½ small carrot diced

Teaspoon stock powder or ½ small stock cube.

1 teaspoon flour

2 tablespoons milk

### Method

Put the vegetables in a bowl or mug with the stock powder or cube, fill to about ¾ full with boiling water making sure the stock has dissolved and not lumpy.

Cook on high for 3 minutes until the vegetables are cooked and soft. Put the flour in a cup and mix to a smooth paste with a spoonful of cold water.

Add the milk, mix well, then stir into the vegetables and stock. Cook on high for a further 2 minutes until thick and creamy.

## Microwave Noodle Soup



### Ingredients

Small carrot, diced

½ stick celery, diced

½ Small onion, diced

½ cup frozen peas and/or sweetcorn

½ nest or sheet noodles

1 cup stock

Salt and pepper.

### Method

Put all the ingredients in a bowl or mug and microwave on full for 2 minutes. Stir and cook for a further 2 minutes until everything is cooked and hot through.

## Cheese Toastie



### Ingredients

- 1 slice bread
- 2 slices ham
- 2 slices cheese

### Method

Spread the bread with the butter, and microwave on full for 40 seconds until the butter has melted.

Cut into squares and place one square at the bottom of a large mugs. Continue to layer the ham, cheese, and bread, seasoning with pepper as you go.

Microwave for 1 minute until hot and the cheese melted.