Simple Microwave Lunches

Microwave Chunky Tomato soup



Ingredients

- 1 teaspoon cooking oil
- Small carrot, diced
- 1/2 stick celery, diced
- 1 small can or 1/2 large can chopped tomatoes
- ¼ cup stock or plain water
- Salt & pepper plus some dried basil if available.

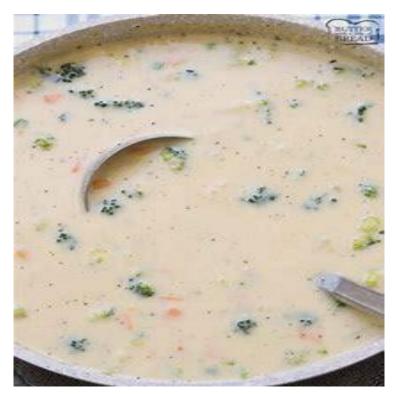
Method

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

- 1/2 cup peas/sweetcorn, tinned or frozen
- ¼ red pepper, diced
- 1/2 small carrot diced
- Teaspoon stock powder or ½ small stock cube.
- 1 teaspoon flour
- 2 tablespoons milk

<u>Method</u>

Put the vegetables in a bowl or mug with the stock powder or cube, fill to about $\frac{3}{4}$ 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
- 1/2 stick celery, diced
- 1/2 Small onion, diced
- 1/2 cup frozen peas and/or sweetcorn
- 1/2 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

<u>Method</u>

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.