The Breakfast Mug

The National Cattlemen’s Beef Association culinary Innovations Team has developed “beef and egg Breakfast Mug” recipe. The recipe was developed to work in a coffee mug and is perfect for a delicious protein packed breakfast. A nutritious breakfast is only one minute and a half away.

First, the basic country beef sausage recipe:

Ingredients:

One pound of 93% lean ground beef

Two teaspoons of chopped fresh sage or half teaspoon rubbed sage

One teaspoon onion powder

One teaspoon garlic powder

Half teaspoon salt

¼ to ½ teaspoon crushed red pepper

Instructions:

These ingredients in a large mixing bowl, mixing lightly but thoroughly.

Heat large non-stick skillet over medium heat until hot

Add the beef mixture, cooking 8-10 minutes, breaking into ½ inch crumbles and stirring occasionally.

Brown the ground beef with your favorite seasoning, drain and let it cool. Divide the ground beef into equal portions and place into eight quart re-sealable plastic bags.

The recipe has several variations, the one stated above or a second is adding a package of taco seasoning. If these don’t strike your taste buds add; your own favorite seasoning.

Wait just a minute, here’s the fun part, add one cup chopped vegetables such as: tomatoes, baby spinach, bell pepper, zucchini or green onion. Also, add half cup of shredded reduced fat cheese such as; cheddar, American or Monterey Jack.

The Taco version add diced tomatoes, green onions, pickled jalapenos and shredded pepper jack cheese.

Now once the vegetable decision has been made, add to the bags of ground beef. Seal the bags and place in your refrigerator. Depending on the family size, you may wish to half or double the recipe.

Beef Its What’s Breakfast:

Grab a beef and veggie bag and one egg. Spray a microwave safe mug with non-stick cooking spray. Crack the egg into the mug adding 1 tablespoon of water, mixing together. Stir in the beef and veggie mixture.

Place mug uncovered in microwave, on high for 30 seconds, remove and stir mixture and continue to microwave for 30 to 60 seconds or until the egg is just set.

The recipe makes eight servings and is an excellent source of protein, niacin, vitamin B12, selenium, zinc and choline; a good source of vitamin B6 and iron.

The stated cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160 degrees as color is not an indicator of doneness.