

# 5 Easy, Cheap, and Unique Microwave Meal Prep Plans from a Gen Z College Student

I've been there. I finally get my key in the door and plop down my bag, my stomach is growling, but the last thing I want to do is walk to the cafeteria for subpar food. Then I remember it's Saturday, which means cup noodles for all the kids who don't live close enough to go home on the weekend. So I turn to my dusty cabinet for another package of instant noodles that, frankly, I can't taste anymore. I know the struggle I've spent hours scrolling through articles trying to find good recipes I can make in the microwave, but it's all too much work, too expensive, or one of those articles telling you how to make your ramen fancier. So like every parent says, after checking how well their kid did the dishes. If I wanted it done right, I would have to do it myself. So that's exactly what I did. I came up with my own microwave recipes and I haven't had a cup of noodles since!

## Taco Soup

This will last you all week and is so easy I want to make it every week.

Ingredients:

- **1 can of corn**
- **2 cans of choice of beans**
- **1 package taco seasoning**
- **2 cans of canned chicken** (If you don't use canned chicken in your meals, you should; it is seriously slept on)
- **1 can of rotel**
- **1 can of chicken broth**
- **1 can of tomato sauce**

Instructions:

Dump everything in a big bowl. That's it! You can heat up individual servings when you get hungry.

## Microwave Golden Curry

This one is a couple more steps, but it is so delicious I can't leave it out.

Ingredients:

- **golden curry mix to taste** *(If you've never heard of golden curry it's a japanese curry with a deep savory taste. You can find it at walmart, Your local asian market, or you can order it on amazon)*
- **baby carrots**
- **potato**
- **instant rice**

Instructions:

1. Heat up some water for your curry mix in the microwave and add a couple squares of curry. Let the curry sit in the hot water while you prepare your other ingredients.
2. To cook the potato you'll want to poke it full of some holes and wrap it in a wet paper towel. (I would recommend using a smaller potato if you want to cook it a bit faster). Cook the potato 3-4 minutes in the microwave, flip it, and then give it another three minutes. Let it sit before taking it out, it will be hot.
3. For the baby carrots, I just pop the bad boys in a cup of water and let them microwave for about 7 minutes. It could be more or less depending on your microwave setting, just check the tenderness with a fork

4. Now that the potatoes and carrots are done, check if the curry mix is dissolved and pop it back in the microwave a couple minutes. When it's fully mixed it should be a gravy-like consistency.
  5. Now that everything is cooked all that's left is to mix it together and eat it.
- (Tip: If you want a much quicker and faster meal you can opt for canned curry sauce, instant rice, and canned chicken)

## BLT

I love microwaving bacon. I find it always comes out very crispy and less greasy than pan fried bacon. Even if I had a stove top, I would choose to make my bacon in the microwave.

- **bacon**
- **lettuce**
- **tomato**
- **avocado spread** (optional)
- **Choice of sauce** (I really like garlic mayonnaise with my sandwich)

Instructions:

1. Cut your lettuce and tomato
2. Cook your bacon according to the packaged instructions. (tip: if the bacon is soft and you're not sure if it is done, let it sit a minute, if it is not crispy after leaving it a minute or two pop it back in at 20 second intervals until it is cooked to your desired crisp)
3. Get your toast or bread
4. Combine into a sandwich

## Fried Rice

Fried rice in the microwave? Yep no kidding. It's super easy!

- **instant rice**
- **little smokies**

- **½ tablespoon of Sesame oil** (this is super important to make your rice taste amazing. I recommend dragon imperial brand if you can find it)
- **1 tablespoon of soy sauce** (or more if you have a salt addiction like me)
- **Frozen peas and carrots mix**
- **MSG** (optional but it will really add flavor to the dish)
- **1 egg**

Instructions:

1. Cook the instant rice separately according to box instructions and then add a raw egg on top. (If your rice is already a bit dry it's a good idea to add a cup of water in the microwave or a wet paper towel also).
2. Put it in for one minute and then do 30 second intervals mixing it until it is fully cooked.

Now you just mix everything else in and heat it to taste.

## Queso and Brisket Baked Potato

This is the easy peasy one that you've probably seen a million times but it's such a staple I felt it couldn't be left off

- **potato**
- **queso**
- **brisket**
- **choice of toppings**

Instructions:

1. Use a premade brisket from the grocery store and heat it
2. Cook your baked potato in the microwave (for more detailed instructions see the Golden Curry recipe potato instructions)
3. Get some pre-bought queso. (The secret here is to make sure it's good quality. Don't skimp on this one)

