



Dorm Cooking & Microwave Meals

Your No-Stress Guide to Feeding Yourself Without Becoming a Campus Legend (for the Wrong Reasons)



No kitchen? No problem.

This guide shows you how to make real meals in a dorm or microwave-only setup—no fire alarms, no sad protein bars.

Like a chill roommate who can cook and shares.



Let's Talk Safety First

- Don't microwave metal. Ever. Not even "just for a second."
- Popcorn: use the *sniff test*, not the timer. Burnt popcorn = dorm-wide evacuation.
- Watch water in mugs—it can superheat and explode. Stir first.
- Always have a microwave-safe bowl. (No, the takeout container isn't.)
- Crack eggs before microwaving. Unless you want a mini explosion show.

If it smells like fire, it's already too late.





Dorm Essentials You Actually Need

- Microwave (duh)
- Mini fridge
- Mug, bowl, plate (microwave-safe)
- Spork or real utensils
- Can opener
- Dish soap + sponge (yes, you'll need it)
- Seasonings: salt, pepper, garlic powder, hot sauce, soy sauce
- A nonjudgmental attitude about your third ramen this week



Quick Dorm-Friendly Meals (Yes, Real Food)





Microwave Mac & Cheese in a Mug

- $\frac{1}{2}$ cup pasta + $\frac{1}{2}$ cup water
- Microwave 2–3 min, stir halfway
- Add $\frac{1}{4}$ cup shredded cheese + splash of milk
- Microwave 30–60 sec more, stir till melty

Add hot sauce or garlic powder if you're feeling fancy.





Baked Potato – Dorm Edition

- Wash, stab with fork
- Microwave 5–6 min, flip halfway
- Add butter, cheese, sour cream, beans, salsa – go wild

Sweet potatoes work too, and smell less “potato-y.”





Scrambled Eggs in a Mug

- Crack 2 eggs, splash of milk, whisk with a fork
- Microwave 45 sec, stir, then another 30–45 sec
- Add cheese, salt, pepper
- Optional: pre-cooked bacon bits or spinach

Use cooked add-ins only. Raw meat = danger zone.





Microwave Fried Rice (Sorta)

- Use leftover rice or microwave rice pouch
- Mix in frozen veggies + a spoon of soy sauce
- Crack in an egg (optional), stir
- Microwave 2–3 min, stir halfway

Add a drizzle of sesame oil if you want to pretend you cooked this on purpose.





Dorm Spaghetti Hack

- Break dry spaghetti in half, cover with water in a bowl
- Microwave 8–10 min (watch it doesn't overflow)
- Drain, add marinara or butter + garlic powder

Pre-shredded Parmesan makes everything taste like effort.





Chili Cheese Bowl

- Microwave canned chili
- Pour over rice, baked potato, or tortilla chips
- Add shredded cheese, sour cream, jalapeños if you're wild

This meal looks messy, but smells like a masterpiece.





Dorm “Burrito Bowl”

- Start with microwave rice
- Add canned beans (rinsed), salsa, corn, shredded cheese
- Microwave 1–2 min
- Add sour cream, avocado, or chips

This is what you tell your parents when they ask if you're eating vegetables.





Tortilla Pizza

- Tortilla + spoonful of tomato sauce + shredded cheese
- Microwave 1–2 min (until cheese bubbles)
- Add pepperoni, basil, or leftover veggies

Add a second tortilla on top = personal pizza quesadilla.





Dessert? We Got You





Mug Brownie

- $\frac{1}{4}$ cup flour
- $\frac{1}{4}$ cup sugar
- 2 tbsp cocoa
- Pinch salt
- 2 tbsp oil + 2 tbsp water
- Stir, microwave 1 min

*Add chocolate chips or peanut butter.
Always.*





DO NOT ATTEMPT

- Eggs in shell
- Marshmallows unsupervised
- Spaghetti sauce without a cover
- Anything flammable or metal “just to see what happens”

Microwaves are not science labs—stick to food you actually want to eat, not experiments you’ll have to scrape off the ceiling... or explain to the fire department!





Last but Not Least...

Feeding yourself isn't just a life skill—it's survival. Master a few dorm-safe dishes and you'll save cash, impress your friends, and avoid setting off every smoke detector on your floor.

You got this.



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