

Bacon Stuffed Omelet Three-Cheese Mug: Your Personal Breakfast Powerhouse

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1-2 min

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INGREDIENTS

2 large eggs
2 slices of bacon, cooked until crispy and crumbled
1/4 cup shredded cheddar cheese
1/4 cup shredded mozzarella cheese
1/4 cup shredded Parmesan cheese
Salt and black pepper to taste
Cooking spray

Swaps and Notes:

Eggs: For a richer omelet, you can add a tiny splash of milk or cream to the eggs when whisking.

Bacon: Ensure your bacon is cooked to a very crisp consistency before crumbling; this provides a crucial textural contrast to the soft eggs.

Pre-cooked bacon bits are a convenient alternative.

Cheese Blend: The three-cheese blend offers a great balance of sharp, melty, and nutty flavors. Feel free to adjust the proportions or use your favorite melting cheese.

Veggies (Optional): For added nutrition and flavor, consider stirring in a tablespoon of finely diced bell peppers, spinach, or mushrooms. Just make sure they are very finely chopped so they cook quickly in the microwave.

Seasoning: A pinch of garlic powder, onion powder, or a dash of hot sauce can elevate the flavor.

Instructions:

Prep Bacon: Cook the bacon in a skillet or microwave until it's perfectly crispy. Let it cool

slightly, then crumble it into small pieces. Set aside.

Whisk Eggs in Mug: Lightly spray the inside of a large, microwave-safe mug with cooking spray. Crack the 2 large eggs directly into the mug. Using a fork, beat the eggs until they are well combined and slightly frothy.

Add Fillings & Season: Stir the crumbled bacon into the beaten eggs. Season with salt and black pepper to taste. Add the shredded cheddar cheese, shredded mozzarella cheese, and shredded Parmesan cheese to the mug, reserving a tiny bit of each cheese for sprinkling on top at the end. Mix everything together in the mug until well combined.

Microwave Cook: Microwave the mug on high for 1-2 minutes. The exact time will depend on your microwave's wattage. Watch carefully; you want the eggs to be mostly set but still look a little moist in the center.

Final Cheese Melt: Carefully remove the mug from the microwave. Sprinkle the reserved cheeses on top of the cooked omelet. Return the mug to the microwave for an additional 30 seconds, or until the remaining cheese is completely melted and bubbly.

Cool & Serve: Carefully remove the mug from the microwave (it will be hot!). Let it cool slightly for a minute or two before enjoying your delicious Bacon Stuffed Omelet Three-Cheese Mug.

Tips for Success:

Don't Overcook: Over-microwaving eggs can make them rubbery. Cook just until set, and they will continue to cook slightly from residual heat.

Crispy Bacon is Key: The bacon won't crisp further in the microwave, so make sure it's perfectly crunchy beforehand for optimal texture.

Large Mug: Use a mug that is generously sized (at least 12-16 oz) to prevent overflow as the eggs cook and puff up.

Stir Halfway (Optional): For a more scrambled texture, you can stir the egg mixture gently halfway through the initial microwave cooking time.

Personalize It: This recipe is a fantastic base. Add a dash of hot sauce, a sprinkle of fresh chives, or a dollop of salsa after cooking for extra flavor.

Serving Suggestions and Pairings:

Coffee or Juice: Pair it with your favorite morning beverage for a simple and delicious start to your day.

Fresh Fruit: A side of fresh berries or a sliced orange would add a refreshing contrast.

Other Quick Breakfasts: If you love easy breakfast solutions, this mug would fit right into a spread with [This One-Pan Breakfast Bake Will Make You Skip](#)

or be a speedy alternative to [The Viral Cottage Cheese Pancake Everyone's](#).

[Light Lunch: For a quick, protein-packed lunch, you might also enjoy \[A Light Tangy Chicken Salad I Actually Crave\]\(#\) and \[There's No Mayo in Sight\]\(#\).](#)

[Storage and Leftover Tips:](#)

[More Recipes You Will Love:](#)

[This One-Pan Breakfast Bake Will Make You Skip \[The Viral Cottage Cheese Pancake Everyone's\]\(#\)](#)

DIRECTIONS

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12. **Serving Suggestions and Pairings:** This Bacon Stuffed Omelet Three-Cheese Mug is a complete and satisfying breakfast or brunch on its own.
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14. **Fresh : Fruit:** A side of fresh berries or a sliced orange would add a refreshing contrast.
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16. **Light : Lunch:** For a quick, protein-packed lunch, you might also enjoy A Light Tangy Chicken Salad I Actually Crave and There's No Mayo in Sight.
17. **Storage and Leftover Tips:** This omelet mug is truly designed for fresh, immediate enjoyment. The texture of eggs cooked in the microwave can change upon reheating, and the bacon will lose its crispness. It's best to cook your bacon ahead of time if you want to speed up morning prep, then assemble and microwave the omelet fresh when you're ready to eat.
18. **More Recipes You Will Love:** If you loved the quick, cheesy, and satisfying nature of this omelet mug, you'll definitely want to try these other fantastic and easy-to-make recipes:
19. **This :** One-Pan Breakfast Bake Will Make You Skip
20. **The :** Viral Cottage Cheese Pancake Everyone's
21. **This 3-:** Ingredient Egg Wrap is Taking Over Busy
22. **Final Thoughts:** The Bacon Stuffed Omelet Three-Cheese Mug is a brilliant culinary hack that brings rich, comforting breakfast flavors to your table in a flash. It's warm, savory, cheesy, and incredibly easy to make, making it an instant favorite for any time you need a delicious and satisfying personal meal. Give it a try, and transform your breakfast routine!
23. **What are your favorite quick and easy breakfast solutions or go-to mug meals?** Share your ideas in the comments below, and don't forget to follow Chef Maniac for more clever and delicious recipes!

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/bacon-stuffed-omelet-three-cheese-mug-your-personal-breakfast-powerhouse/>