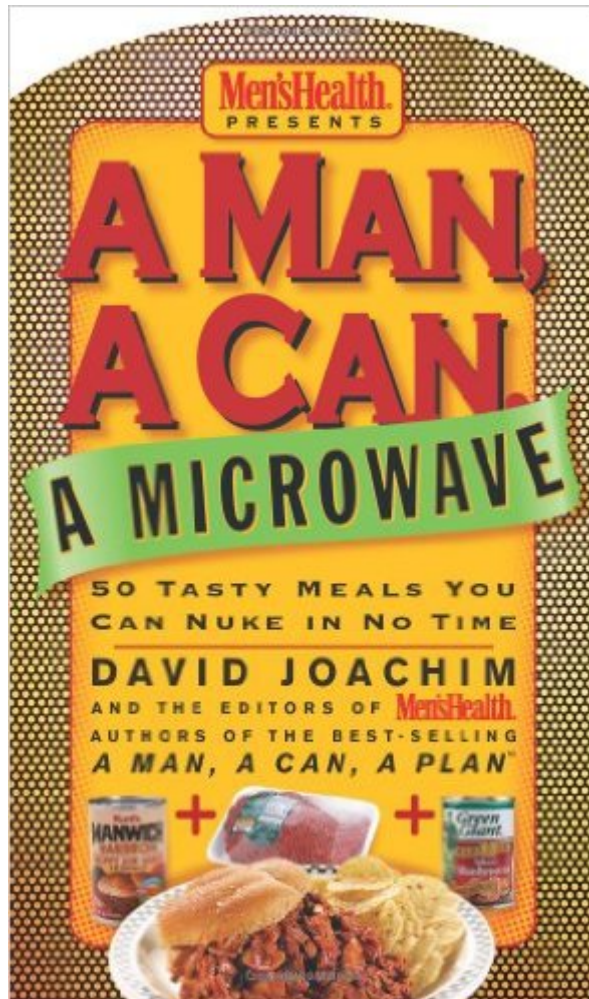


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# A Man, A Can, A Microwave: 50 Tasty Meals You Can Nuke In No Time (Man, A Can... Series)



## Synopsis

First came A Man, a Can, a Plan: 50 Great Guy Meals Even You Can Make. The Sunday Star-Ledger cheered it as a "foolproof, not to mention spill-proof guide to manly success in the kitchen." And the Detroit News exclaimed, "Dude, this cookbook is for you." Next came A Man, a Can, a Grill: 50 No-Sweat Meals You Can Fire Up Fast. Cookbook author Andrew Schloss, who wrote Cooking with Three Ingredients and Dinner's Ready, called the recipes "easy, flavorful...streamlined and smart. Real food-so good that no one will ever guess your secret is in the can." Now there's A Man, a Can, a Microwave-and all those "dudes" who helped put the "Grill" book on the New York Times how-to bestseller list will be pleased to know that David Joachim and the editors of Men's Health haven't lost a beat. The 50 guy-friendly, nuke-able meals using packaged ingredients are fun to make and great to eat-and include such tasty dishes as "Italian One-Dish Fish," "Teriyaki Beef with Broccoli," and "Painless Paella." With step-by-step recipes and full-color photos, A Man, a Can, a Microwave, like the previous books in the series, is a perfect gift for anyone learning to cope in the kitchen. Make sure he has a can opener-and a hearty appetite!

## Book Information

Series: Man, a Can... Series

Board book: 46 pages

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## Customer Reviews

I bought this book for over \$16 at Borders when it caught my eye. Look what you save buying it here! I don't regret it, though, the book is THAT good. Each recipe shows the ingredients in photographs, laid out in series: photo of canned product, such as tomato)+ this (photo of another canned product)+ this (photo of meat or veggie)= (photo of the finished meal) Ingenious. No more wondering, am I buying the right kind of canned tomatoes for this recipe? The first thing I made was

Paella. It was done in under 1/2 hour and the leftovers tasted (incredibly) even better the second day. I'm a working mom, cooking for my husband (DH) & 2 pre-teenagers who are into all sorts of activities. Although I love to cook gourmet meals, my family could be starving before such fare is ready. These are fast, tasty, and have child-and-husband-friendly-ingredients. I've saved out a portion and microwaved it fast for DH when he has had a late work night and usually I'm too cooked out to do that. And the cleanup is next-to-nothing, getting me out of the kitchen and not having to face a disaster of a kitchen when we get back from evening activities. We had the turkey with stuffing last night... the kids actually bragged to their friends about that dinner-- and it was so easy. As if all this weren't enough, I think I'm saving \$ too, because I'm not resorting to fast food because I'm too tired to think about what to make. It's that easy to have the ingredients on hand for these meals.

This sequel is cashing in on the Original A Man A Can cookbook that was surprisingly very useful for my bachelor sons. It had dozens of tasty recipes that the boys could do easily by opening several cans of easily procured and stored foods. This one, however is just a microwave cookbook. It involves buying pounds of meat, shrimp, chicken and unprepared foods that need to be cooked properly before even assembling. This is WAY too much trouble for a bachelor when you can heat a frozen pizza in 15 minutes. You might as well just borrow your Mom's microwave cookbook and learn to cook beef and chicken, spending an hour cooking dinner. Do you really want to do this?

A Man, A Can, A Microwave is a board book for guys who must fend for themselves in the kitchen either because they are bachelors or their wives have gone off to visit mother for a week. Here are listed "idiot proof" instructions (complete with photos of the ingredients and their order of inclusion) for making fifty quick and easy, palate pleasing, hunger satisfying meals that can be made in the microwave in under 15 minutes. The recipes are divided up into sections dedicated to beef, chicken, pork, fish, turkey, beans, veggies, and even chocolate! From Maximum Microloaf (which combines Carnation Evaporated Milk; extra-lean ground beef; and a can of Manwich Sloppy Joe Sauce) to Toast Under a Tuscan Bean (which combines a can of Goya Cannellini Beans; a box of Melba Toast - Onion Flavor; and a can of Hunts Petite Diced Tomatoes), these are "good eatin', man pleasin'" dishes that are as easy to assemble as they are delicious to devour.

I bought this book for my son who is 19 and is always walking in the house and asking what is there to eat and if there is nothing immediately there, he'll run off to McDonalds or gripe about starving. I told him one day, "son, you have to figure out at least 5 or 6 things you can cook so you can be

independent one day". I found this book on Amazon and bought it at first as kind of a joke of our conversation. I gave it to him for Christmas and he actually loved it! He's made 2 or 3 things already and they are very good! I love this book, because men are very visual and don't want to read instructions. It has pictures of exactly what you need and the steps to cook it are simple and straight forward. If you have a bachelor or young man in your life that needs some nudging to learn some sort of cooking on their own, this is a good book to give them. It would be a GREAT book to give to any college student, not just males, because most everything is very affordable, and the best thing, all is needed is a microwave.

My dad and I bought this when my mom gave us dinner duty. The meals aren't exceptional, but they're easy to make and you feel a sense of pride when you're eating them. Some of my favorite recipes are...Chocolate-peanut butter fudge, Chicken cacciatore, and Smothered pork chops with onions and a mushroom sauce

Got this book as a present for a college student so that he could learn to make something other than what they feed him at the dining hall. While a lot of these required purchasing non-canned meat items (which would require refrigeration), there were quite a bit that only used canned and bottled items. However, all of the recipes list "other ingredients" (such as herbs and spices, etc.) in a tiny little text box at the end of the large, illustrated ingredients list. This book would be better served by letting the person know up front that there are extra flavorings that should/can be added to the meal rather than tacking them on as an afterthought.

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