

MICROWAVE COOKING CONCEPT #3:
Rearrange foods while they are cooking. Turn dishes several times during the cooking period. Some microwave ovens have a turntable to help with this.

Meatballs

You Need:



1/4 lb.
ground beef



1 saltine cracker



1/2 egg



1 tsp. + 1/2 tsp.
ketchup



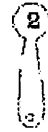
1/2 tsp.
instant onion



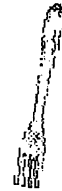
mixing bowl



1 teaspoon



1/2 teaspoon



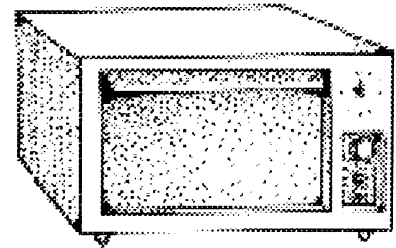
fork



2 custard cups

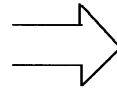
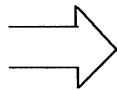
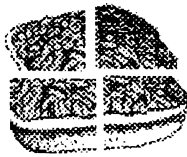


microwave roasting pan



microwave

1.



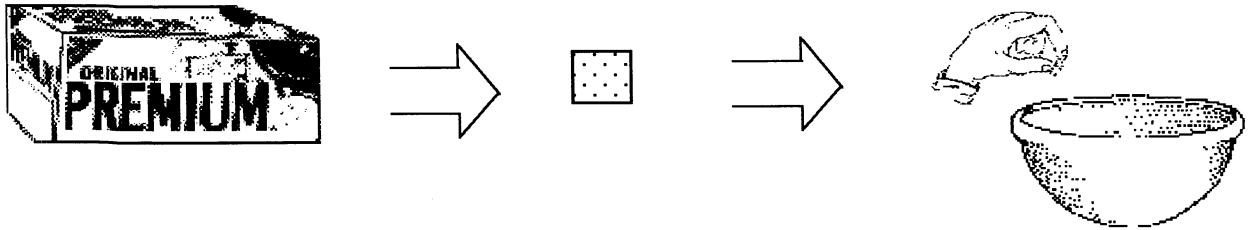
Place 1/4 pound ground beef in mixing bowl.

2.



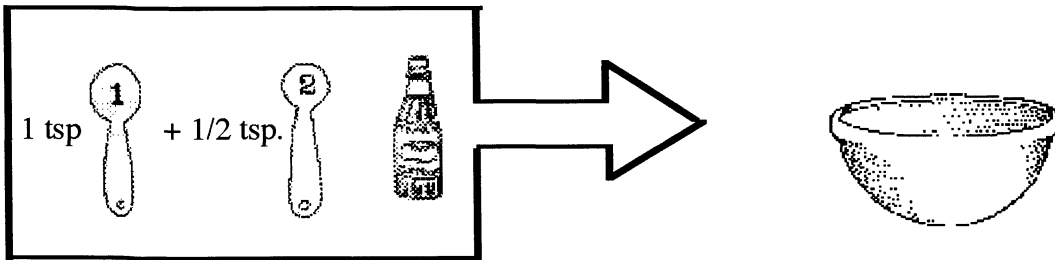
Break up meat with a ⁵³⁹fork.

3.



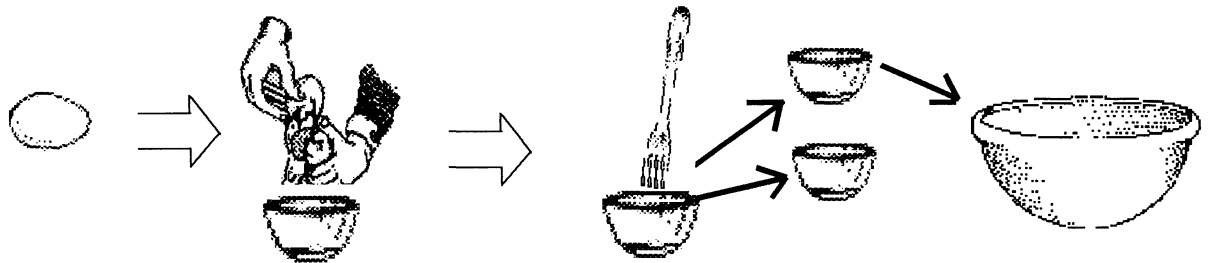
Get 1 saltine cracker. Crumble in your fingers and add crumbs to the bowl.

4.



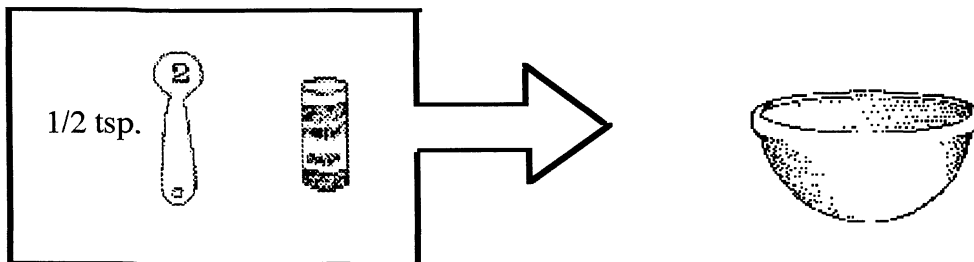
Measure 1 tsp. + 1/2 tsp. ketchup into the bowl.

5.



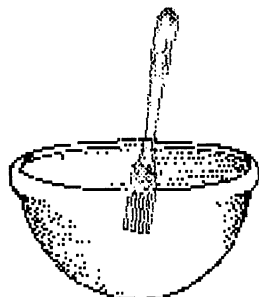
Break 1 egg into a custard dish. Stir with fork to mix up. Divide equally between two custard cups. Put 1/2 egg into bowl.

6.



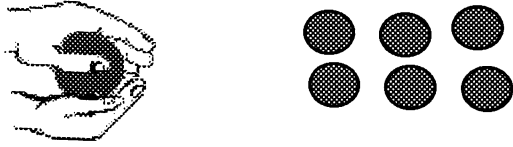
Measure 1/2 tsp. instant onion into the bowl.

7.



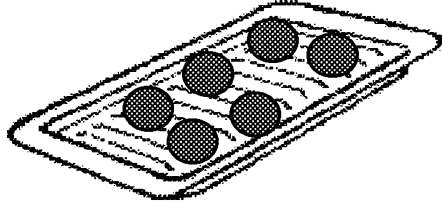
Use fork to mix the ingredients together.

8.



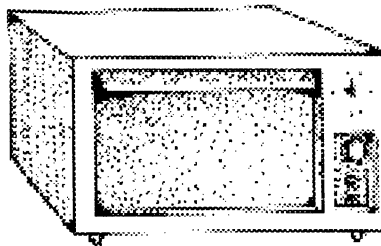
Shape mixture into 6 meatballs.

9.

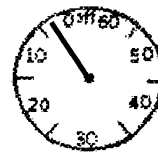


Arrange meatballs on the roasting rack.

10.



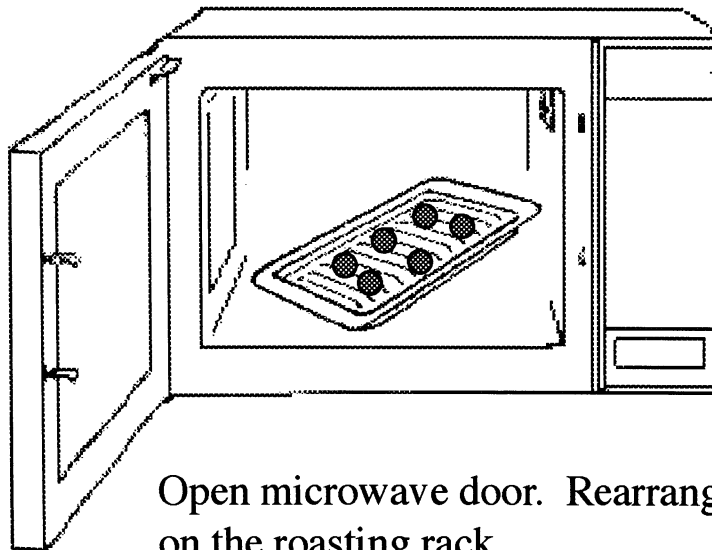
HIGH



2 minutes
2:00

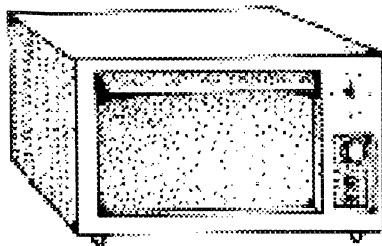
Microwave at HIGH power for 2 minutes.

11.



Open microwave door. Rearrange meatballs on the roasting rack.

12.



HIGH



1 or 2 minutes
1:00 or 2:00

Microwave at HIGH power for ~~3~~ or 2 minutes longer. Remove from oven.

MICROWAVE COOKING CONCEPT #3

MEATBALLS

You Need:

1/4 lb. ground beef
1 saltine cracker
2 custard cups
1 tsp. + 1/2 tsp. ketchup
1/2 egg
1/2 tsp. instant onion
mixing bowl
1/2 teaspoon
fork
microwave roasting pan
microwave oven

1. Place 1/4 pound ground beef in mixing bowl.
2. Break up meat with a fork.
3. Get 1 saltine cracker. Crumble in your fingers and add crumbs to the bowl.
4. Measure 1 tsp. + 1/2 tsp. ketchup into the bowl.
5. Break 1 egg into a custard dish. Stir with a fork to mix up. Divide equally between 2 custard cups. Put 1/2 egg into bowl.
6. Measure 1/2 tsp. instant onion into the bowl.
7. Use fork to mix the ingredients together.
8. Shape mixture into 6 meatballs.
9. Arrange meatballs on the roasting rack.
10. Microwave at HIGH power for 2 minutes.
11. Open microwave door. Rearrange meatballs on the roasting rack.
12. Microwave at HIGH power for 1 or 2 minutes longer. Remove from oven.