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

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

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.

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

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.
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