

CHILI RICE

1 lb. ground beef	1 can (15 oz.) kidney beans, drained
1 med. onion, chopped	1 cup instant rice
½ med green pepper, chopped	1 ½ teaspoon salt
1 clove garlic, minced or pressed	1 teaspoon sugar
1 can (16 oz.) whole tomatoes cut up	1 teaspoon chili powder
1 cup shredded cheddar cheese	

Serves 4 to 6

Crumble ground beef in 2 qt. casserole. Add onion, green peppers and garlic. Cover. Microwave on High 4 to 6 minutes, or until meat loses most of its pink color and vegetables are tender. Stir to break up meat; drain.

Add remaining ingredients except cheese. Cover. Microwave 16 to 20 minutes, or until rice is tender, stirring after half the time. Sprinkle cheese over top. Cover. Let stand 5 minutes.

MEATBALLS & BAKED BEANS

1 lb. ground beef	1/8 teaspoon garlic powder
¼ cup dry bread crumbs	1/3 cup chopped onion
1 tablespoon horseradish sauce	¼ cup chopped celery
2 teaspoons Worcestershire sauce, divided	1 can (28 oz.) baked beans
½ teaspoon salt	¼ cup catsup
	1 tablespoon molasses

Serves 4

In medium bowl, combine ground beef, breadcrumbs, horseradish, 1 teaspoon Worcestershire sauce, salt and garlic powder. Shape into 18 to 22 meatballs; arrange in 8 x 8 in. baking dish. Sprinkle with onion and celery.

Microwave on High 5 to 7 minutes, or until meatballs have lost most of their pink color, rearranging and turning over after half the cooking time. Drain.

In medium bowl, combine remaining ingredients. Pour over meatballs. Microwave 5 ½ to 8 minutes, or until thoroughly heated, stirring gently after half the cooking time.

HAMBURGER STEW

1 ½ lbs. lean ground beef
1 ½ cups thinly sliced carrots
1 cup thinly sliced celery
2 cups hot water

1 ½ cups instant rice
1 envelope onion soup mix
1 bay leaf

Serves 4 to 6

Crumble beef coarsely into 3 to 5-qt. casserole. Mix in carrots and celery. Cover. Microwave on High 3 ½ to 6 ½ minutes, or until beef is set, stirring once or twice.

Add remaining ingredients. Microwave, covered, 12 to 18 minutes, or until vegetables are tender, stirring once or twice. Remove bay leaf before serving.

SHEPHERDS PIE

1 lb. ground beef
1 medium onion
1 pkg. (10 oz.) frozen peas and
carrots or cut green beans
1 can (10 ¾ oz.) tomato soup
1 teaspoon Worcestershire sauce

½ teaspoon salt
¼ teaspoon basil
1/8 teaspoon pepper
3 cups hot mashed potatoes*
1 cup shredded cheddar cheese

Serves 4 to 6

Crumble ground beef into 2 qt. casserole. Add onion. Microwave on High 4 to 6 minutes, or until meat loses its pink color. Break up meat and drain.

Microwave vegetables in package on High 2 to 3 ½ minutes or until defrosted, or drain canned green beans.

Stir tomato soup, Worcestershire sauce, salt, basil and pepper into ground beef mixture while microwaving vegetables. Spread evenly in casserole. Sprinkle with defrosted vegetables. Spoon mounds of potatoes over vegetables. Microwave 5 to 7 minutes, or until casserole seems hot.

Top with shredded cheese. Microwave 2 to 3 ½ minutes, or until cheese melts, rotating dish after half the cooking time. Let stand 3 minutes before serving.

*Note: To reheat mashed potatoes, microwave on High 3 ½ to 5 ½ minutes or until hot stirring after half the time.

ITALIAN MEATLOAF

1 ½ lbs. lean ground beef
½ cup dry bread crumbs
1 can (8 oz.) tomato sauce, divided
1 egg
1 teaspoon oregano, divided

1 teaspoon salt
1/8 teaspoon pepper
1 ½ cups shredded mozzarella cheese
2 tablespoons grated Parmesan cheese

Serves 4 to 6

Mix together ground beef, breadcrumbs, half the tomato sauce, egg, ½ teaspoon oregano, salt and pepper. On wax paper, pat into a rectangle ½ in. thick. Sprinkle with mozzarella.

Roll up by starting on short side. Lift paper until meat begins to roll tightly. Peel back paper to keep it free. Continue lifting and peeling to complete roll. Seal edges and place in loaf dish.

Microwave on High 9 minutes, rotating dish after half the cooking time.

Reduce power to 50% (Medium). Microwave 11 to 14 minutes, or until meat loses most of its pink color, rotating dish after half the cooking time. Drain.

Combine remaining tomato sauce and oregano. Pour over meatloaf. Sprinkle with Parmesan. Microwave 2 minutes to heat sauce.

Tent with foil and let stand 5 minutes before serving.

AND HERE'S DESSERT!!

APPLE CRISP

5 cups peeled, thinly sliced apples
½ cup brown sugar
½ cup oatmeal
¼ cup flour

1 tsp. Cinnamon
¼ tsp. Nutmeg
1/3 cup butter or margarine

In a 9" round dish, arrange the apples.

In a medium bowl, mix brown sugar, oatmeal, flour, cinnamon and nutmeg. Cut in butter with a pastry blender. Spread evenly over apples. Microwave on High for 10-12 minutes, turning dish twice.

NOTE: Topping becomes crisper on standing.

Sources: From the Microwave Cooking Library:
"Microwaving Meals in 30 Minutes" and
"Microwave Baking & Desserts",
by Barbara Methven and Sylvia Ogren, 1980.