

MICROWAVE SPICY MEAT LOAF

**2 beaten eggs
3/4 c milk
2/3 fine dry bread crumbs
2 T finely chopped onion
1 tsp salt
1/2 tsp chili powder
dash pepper
1 1/2 lbs ground beef**

In mixing bowl, combine eggs, milk, bread crumbs, onion, salt, chili powder, and pepper. Add beef; mix well. Shape into a loaf in a 10x6x1 1/2" baking dish. Cook, covered, at cycle 1 for 20 to 22 minutes at cook power 7, giving dish a half turn once. Drain off excess fat. Put in oven under broiler about 5 minutes.

Sauce:

**1/4 hot-style catsup
1 T brown sugar
1/2 tsp dry mustard**

In bowl, combine catsup, brown sugar, and dry mustard; spread or spoon atop meat. Cook, uncovered at cycle 2 for 1 1/2 to 2 minutes at cook power 7. Let stand 5 minutes before serving.

Mary Ann Connell Vermaelen