After installing IE Tab (https://addons.mozilla.org/en-US/firefox/addon/1419), use it like this:
“Left-click” the Firefox icon at the bottom of the screen (this will load the current page in an IE tab)

[see results below...]
page has been rendered in an IE Tab

Icon has toggled to IE, signifying the present ‘browser type’ status

[continued...]
To display specific URLs (automatically) in an IE Tab (so you don’t have to manually “click-back-and-forth”), right-click the icon, enter a URL, and click the “Add” button [OK] in the resulting pop-up window: