CRUNCHY TACO CUPS

*Ingredients:*

12 wonton wrappers

½ can diced tomatoes and chilis

½ can refried beans

½ lb. ground beef

½ pkg taco seasoning

1 c. cheese

1/3 c. sour cream

2 T. cilantro, chopped

Directions:

1. Preheat your oven to 375\* F. Generously grease a muffin pan with cooking spray.
2. Cook your ground beef fully, then add the taco seasoning and tomatoes to the pan and stir.
3. In each muffin cup, set one wonton wrapper. Add a small spoonful of refried beans and spread in pan. Then add 1 T. of ground beef mixture. Add a layer of cheese.
4. Repeat the process: 1 wonton wrapper, a little refried beans, ground beef mixture, then cheese to finish.
5. Bake for 13 minutes, until edges of wonton wrapper are golden brown and crispy.
6. Once done, top with sour cream and chopped cilantro. Serve immediately.

**Taco Cups**

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| **Equipment needed:**  Plastic tray  Large glass mixing bowl  Muffin pan  Large fry pan  Cutting board  Chef’s knife | **Recipe:**  Heat oven to 400˚.  1 package refrigerator biscuits  ½ lb. ground beef  ½ medium onion  ½ cup kidney beans (canned)  ½ cup tomato sauce (or salsa)  ½-1 Tablespoon taco seasoning  Grated cheese  Chopped fresh tomato  Lettuce, shredded  Sour cream  1. Turn muffin pan over and spray the bottom side with cooking spray. Bake in preheated oven for 8 minutes or until golden brown on top.  2. While biscuits are baking, stir together ground beef and onion. Cook over medium heat in large fry pan until no longer pink. Add beans, tomato sauce, and taco seasoning. Heat thoroughly.  3. Remove biscuits from pan with a fork, if needed. They may just fall off when pan is turned. Fill each cup with the meat mixture and top with grated cheese, lettuce, tomato, and sour cream. | **Notes:**  Any bread dough will work, not just biscuits. |