

Cowboy Cupcakes



1 lb (0.45 kg) Lean or Medium Ground Beef
½ cup minced onion
½ cup minced mushrooms
1 cup pasta sauce
¾ cup ricotta cheese
2 tbsp chopped fresh basil
1 tbsp minced green onion or chives
Salt and pepper
24 wonton wrappers
1 cup EACH grated Parmesan and shredded mozzarella cheese

1. Pan-fry ground beef, onions and mushrooms thoroughly in large skillet. Drain if necessary. Add pasta sauce and heat through.
2. Meanwhile, combine ricotta with basil, green onion, salt and pepper to taste; set aside.
3. Spray a 12-cup muffin tin with cooking spray. Press a wonton wrapper firmly into the bottom of each muffin cup. Spoon in a scant 1 tsp EACH Parmesan, mozzarella, ricotta and top with 1 tbsp of the meat mixture.
4. Layer a second wonton into each cup and top each with approx. 1 tsp EACH of the cheeses. Divide meat mixture evenly among the cups (approx. 1/4 cup each). Top with additional grated Parmesan or mozzarella if desired.
5. Bake in preheated 375°F oven for 15 to 20 minutes or until edges are brown and cupcakes are bubbling. Remove from the oven; let stand 5 to 10 minutes. Use a knife to remove each cupcake from muffin tin.

Cowboy Cupcakes Grocery list

- 1 lb (0.45 kg) Lean or Medium Ground Beef
- 1 onion
- Cremini or white mushrooms
- Canned pasta sauce
- Ricotta cheese OR 2% cottage cheese
- Fresh or dried basil
- Green onion or chives
- Wonton wrappers*
- Parmesan cheese (or whatever you have on hand)
- Mozzarella cheese (or whatever you have on hand)
- Cucumber**

*If you can't find wonton wrappers at your local grocery store (they should be in the refrigerated section, same sections as beansprouts and tofu) grab regular lasagna noodles that need to be cooked in advance.

**If you are making this meal for your family, purchase a cucumber to slice up as a vegetable to round out this dinner making sure that you have a balanced meal.

Tools you will need to have ready:

- Cutting board and knife
- Medium sized frying pan
- Can opener
- 1 small bowl
- Dry measuring cups
- 1 liquid measuring cup
- Measuring spoons
- 1-12 cup muffin tin or 2-6 cup muffin tins