

BBQ Cups

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10 + 10 minutes

Serves: Makes 10 BBQ cups

CHints: This is a great recipe for children to help you make. Older teens can make it by themselves.



3/4 pound lean ground beef

1/3 cup onion, diced

1/3 cup celery, diced

1 glove minced garlic, fresh or from a jar

1/2 teaspoon salt

1/2 cup of your favorite BBQ sauce

2 Tablespoons ketchup

Cooking spray

1 package buttermilk refrigerator biscuits (10 count)

1 cup shredded reduced fat mozzarella or cheddar cheese

Preheat oven to 400 degree F and locate a cupcake/muffin baking pan.

Brown beef in a skillet over medium heat; breaking into pieces. About half way through, add the onions through the salt and continue to cook until the meat is done. Turn off the heat and drain the meat mixture on a few layers of paper towels. Pour any excess fat from the pan and wipe it dry with a paper towel. Carry put the meat mixture back into the pan...making sure you get all the vegetables, too. Turn the heat to medium and stir in the BBQ sauce and the ketchup. Cook for 3 minutes, stirring occasionally. Turn off the heat under the pan.

Coat 10 of the muffin pan cups with a very light coating of cooking spray. Cut a piece of waxed paper to the size of your work area or about 12 or more inches long. Open the can of biscuits. Flatten one biscuit at a time into a 5 inch wide circle that is about 1/4 inch thick on the waxed paper. If it tears, just overlap the area and push on it to patch it back together again. Gently peel up the biscuit and put it into a muffin cup, pushing it down to the bottom and up the sides. Scoop about 2 tablespoons of the meat mixture into the biscuit, making sure the sides of the biscuit down slide down under the meat. Do this for every biscuit one at a time. If you have any remaining meat mixture, add it to some of the cups that need it. The idea is to have them all about the same size.

Top each one with a little shredded cheese and bake for 10 minutes until the biscuit cups are golden brown.

During this cooking time you can cook a vegetable side dish and clean up the kitchen a little.

Remove from the oven. Use a knife to gently go around the outside edges to work each cup loose from the pan and put on dinner plates.

Enjoy!