

TACO "CUPCAKES"

Yields 18



Prep Time
20 min

Cook Time
20 min

INGREDIENTS

- 1 pound lean ground beef (I used 96% lean)
- 1 (1 oz.) packet taco seasoning
- 2/3 cup water
- 1 can black beans, drained and rinsed
- 2 cups shredded cheddar cheese
- 36 wonton wrappers
- Favorite Taco toppings: salsa, sour cream, etc

INSTRUCTIONS

1. Preheat oven to 375 F°. Brown and crumble ground beef in a large skillet over medium-high heat. Drain grease. Stir in taco seasoning, water and black beans. Bring mixture to a boil, then reduce heat to low. Simmer for 10 minutes, or until water is absorbed.
2. Spray 18 regular muffin cups with cooking spray. Place one wonton wrapper in each muffin cup. Divide half of the meat mixture between muffin cups. Sprinkle half of the cheese over the meat. Repeat layers with another wonton wrapper, taco meat and cheese.
3. Bake for 15-18 minutes, or until cheese is bubbly and wrappers are golden brown. Let stand 5 minutes before serving.
4. Serve with your favorite taco toppings!