



All for the Beef

Prep 20 mins

Cook 15 mins

Yields 12 cupcakes

Cowboy Cupcakes



Shopping List



Lean or medium ground beef
Onion
Mushrooms
Pasta sauce
Ricotta cheese
Fresh basil
Green onions or chives
Salt and pepper
Wonton wrappers
Parmesan cheese
Mozzarella cheese

Ingredients

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

Instructions

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. ¼ 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.



All for the Beef

Cowboy Cupcakes



Cupcakes can be made ahead and frozen before baking. Bake from frozen for 25 minutes.

Be sure to buy wonton wrappers – not egg roll wrappers – wonton wrappers are the best size. These wrappers can usually be found refrigerated in the produce section where you find tofu. They work just like a lasagna noodle in these cupcakes, without the hassle of having to boil noodles.

Mexican Version: Use shredded Cheddar or Tex-Mex Cheddar cheese instead of the mozzarella. Add ½ cup salsa, ⅔ cup canned kidney beans (drained and rinsed), 2 tbsp chili powder and 1 tsp ground cumin to the meat sauce.

Greek Version: Use crumbled feta cheese instead of the mozzarella. Add 1 ½ tsp dried oregano leaves or Italian seasoning and ¼ tsp ground cinnamon to the meat sauce.

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/cowboy-cupcakes/>