

Beef

Cheeseburger Cups

Busy Family Recipes

Taste of Home

Servings: 5

1 pound ground beef

1/2 cup ketchup

2 tablespoons brown sugar

1 tablespoon prepared mustard

1 1/2 teaspoons Worcestershire sauce

1 tube (12 oz) refrigerated buttermilk biscuits

1/2 cup cubed process cheese (Velveeta)

Preheat oven to 400 degrees.

In a large skillet, cook beef over medium heat, until no longer pink; drain. Stir in the ketchup, brown sugar, mustard and Worcestershire sauce. Remove from the heat; set aside.

Press each biscuit onto the bottom and up the sides of a greased muffin cup. Spoon beef mixture into cups; top with cheese cubes. Bake for 14-16 minutes or until golden brown.

Per Serving (excluding unknown items): 324 Calories; 24g Fat (67.7% calories from fat); 16g Protein; 11g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 400mg Sodium. Exchanges: 2 Lean Meat; 3 1/2 Fat; 1/2 Other Carbohydrates.