

Zucchini Bread Recipes

# Easy Taco Cups: Perfect Super Bowl Appetizer

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| **15 min**<br>Prep time | **12 min**<br>Cook time | **27 min**<br>Total time |
| **24**<br>Servings | **Easy**<br>Difficulty | **Mexican-American**<br>Cuisine |

## Ingredients

### For the Cups

- [ ] 24 wonton wrappers
- [ ] Cooking spray or olive oil for greasing

### For the Filling

- [ ] 1 lb ground beef
- [ ] 1 packet taco seasoning (or 2 tbsp homemade)
- [ ] 1/2 cup water
- [ ] 1 tbsp tomato paste
- [ ] 1 cup shredded Mexican blend cheese

### For Serving

- [ ] 1/2 cup sour cream
- [ ] 1/4 cup chopped fresh cilantro
- [ ] 1 lime, cut into wedges
- [ ] 1 avocado, diced
- [ ] 1/4 cup diced red onion

## Instructions

1. Preheat your oven to 375°F. Spray a 24-cup mini muffin tin with cooking spray. Gently press one wonton wrapper into each cup, making sure the edges come up the sides. They'll look like little nests.



2. In a skillet over medium heat, brown the ground beef until no pink remains. Drain any excess fat. Add the taco seasoning, water, and tomato paste. Stir and simmer for 5 minutes until thickened.



3. Spoon the beef mixture into the wonton cups, filling them about two-thirds full. Sprinkle generously with cheese. Bake for 10-12 minutes until the edges are golden brown and crispy.



4 Let the cups cool in the pan for 2 minutes – they'll firm up. Carefully remove them with a small spatula or fork. Top with sour cream, cilantro, avocado, red onion, and a squeeze of lime right before serving.



5 Serve warm while the cheese is still melty. Watch them disappear – they never last long. The combination of crispy shell and savory filling is just irresistible comfort.



## Nutrition per serving

| 85 kcal | 6 g | 6 g | 4 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If making for kids, you can skip the spicy toppings and just use cheese and meat
- The cups can be made larger using regular muffin tins – just use two wrappers crossed in each cup
- For extra crispiness, bake the empty wonton cups for 5 minutes before filling