



1213 East 2100 South
Salt Lake City, UT 84106
Phone: (801) 487-9976
e-mail: Becky-utdairy@msn.com

KSL TV, Eyewitness News at Noon

Monday, January 31, 2005

“Sloppy Joe Taco Cups”

Becky Low, Home Economist
Dairy Council of Utah

Kid pleasing Sloppy Joes in a cheesy biscuit cup (great Super Bowl party idea, adults like them as well). Recipe is an adaptation from the 2003 National Beef Cook-off recipe by Patricia A. Harmon, PA. Serves 6-8

Ingredients:

- 1 can (17.3 oz.) refrigerated grand corn or buttermilk biscuit dough
- 1 pound lean ground beef
- 2-4 tablespoons taco seasoning
- 1/2 cup water
- 1/2 cup canned sloppy Joe sauce
- 3/4 cup shredded Mexican blend cheese

Toppings:

- 1 1/2 cups thinly sliced lettuce
- 1/2 cup chopped tomato
- 1/2 cup shredded Mexican blend cheese
- 1/2 cup sour cream
- 1/4 cup sliced ripe olives

Method:

Preheat oven to 350⁰ F.

Separate biscuits and press into a 3 1/2 inch circle. Place over the underside of muffin cups on a standard-size muffin tin, pressing around the cup to shape into a bowl. Bake at 350⁰ F for 12-15 minutes or until browned. Remove and place baked cups on serving platter.

Brown beef. Drain excess fat. Add taco seasoning, water and sloppy Joe sauce. Simmer 5-7 minutes or until hot and bubbly, stirring occasionally. Stir in 3/4-cup cheese.

Spoon beef mixture evenly into cups; top evenly with lettuce, tomato and 1/2 cup cheese. Top with sour cream and olives.

APPETIZER: Substitute larger ‘grand’ biscuit with 2 smaller cans (7.5 oz size) biscuit dough. Use a mini muffin tin to shape biscuits over. Makes 20 appetizers.