TEXAS 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Alison Patterson					
CATEGORY *Please check one*	[X] Appetizer	[ ] Main Dish	[ ] Side Dishes	[ ] Healthy Desserts	
COUNTY	GREGG				
DISTRICT	5				

Name of Recipe: Taco Cups		
Prep Time: 15 mins	**Cook Time:** 15 mins	Cost: $10.00

Type Recipe Here:

Taco Cups

Course Appetizer
Cuisine Mexican

Prep Time15 minutes
Cook Time15 minutes
Total Time30 minutes
Servings12
Calories182kcal

Ingredients

1 pound ground beef
1 package taco seasoning
1 14 ounce can petite diced tomatoes drained
24 wonton wrappers
1 1/4 cups shredded cheddar cheese
1/2 cup sour cream
1/4 cup diced fresh tomatoes
cooking spray

Instructions
Preheat the oven to 400 degrees.
Brown beef in a pan, stirring constantly (drain). Add the taco seasoning.
Stir in the canned tomatoes.
Coat a 12 cup muffin tin with cooking spray. Place one wonton wrapper into the bottom of each muffin cup.
Spoon approximately 1 tablespoon of meat into each cup and top with approximately 2 teaspoons of cheese.
Place a second wonton layer on top of the cheese, then add the remaining meat and cheese across all the muffin cups.
Bake for 10-15 minutes or until edges are browned and cheese is melted.
Top each taco cup with a small dollop of sour cream and a sprinkle of tomato, then serve.

Notes
93% lean ground turkey may be substituted for the ground beef.

Nutrition
Calories: 182kcal | Carbohydrates: 9g | Protein: 12g | Fat: 10g | Saturated Fat: 5g | Cholesterol: 43mg | Sodium: 225mg | Potassium: 158mg | Vitamin A: 215IU | Vitamin C: 0.2mg | Calcium: 107mg | Iron: 1.5mg

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.