

Tupperware®

Serves: 4 · Serving size: 1 cowboy cup



PREP: 10 minutes
COOK: 8 minutes

Cowboy CUPS

1 lb./455 g ground chuck
½ tsp. kosher salt
3 small to medium red new potatoes, cut into quarters
½ yellow onion, peeled, cut into quarters
Favorite BBQ sauce for garnish

1. Preheat oven to 425° F/218° C.
2. Place ground beef and salt in That'sa® Medium Bowl, set aside.
3. In the base of the Power Chef® System, fitted with blade attachment, combine potato and onion. Cover and pull cord until potato and onion is well minced.
4. Transfer potato mixture to bowl with ground beef; stir with fork until well combined. Divide equally between four Ultra Pro 2-cup/500 mL Minis. Do not press beef into pan, mixture should remain loose.
5. Microwave on high power 4 minutes. Transfer to oven. Bake 4–6 minutes or until beef is cooked through. Remove from oven, top with favorite BBQ sauce.

Nutritional Information (per serving):
Calories: 220 Total Fat: 11g Saturated Fat: 4g Cholesterol: 65mg Sodium:
490mg Carbohydrate: 10g Fiber: 1g Sugar: 5g Protein: 19g Vitamin A: 2%
Vitamin C: 8% Calcium: 2% Iron: 15%

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