



Easy Two Bite Dairy Isle Double Cheddar Taco Cups



Ingredients

Two bite Cheddar Shells:

- 8 oz. shredded cheese
- 1/2 tsp ground cumin

Taco Meat Filling:

- 1 pound medium ground beef
- 1/4 cup water
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp oregano
- Pinch sea salt
- Pinch ground pepper

Method (Makes 6-8)

These easy to prepare keto Friendly Double Cheddar Taco Cups are sure to be a weeknight sensation, with their seasoned taco meat, sour cream, cherry tomato and green onions... Ole!

Two bite Cheddar Shells:

Preheat the oven to 400°F (200°C). Mix cheese and cumin. Form six or eight piles of the cheese on a baking sheet lined with parchment paper. Leave plenty of room in between piles, or the cheese might melt together.

Bake in the oven for 5 minutes or until the cheese is bubbling with golden brown patches watch carefully. Let cool for 30 seconds. Carefully Place the cheese over the back of the muffin tin cup and let cool. Before the cheese completely cools, allow the edges of each round to drape down, forming the two bite taco cup shape. Let cool completely.

Taco Meat Filling:

Sauté the med ground beef in a frying pan, once browned add water and sprinkle all the seasoning on top cook till nice and crumbled. Place the cups up right and use the taco filling to fill and top with sour cream chopped tomatoes for color and sprig of cilantro.