

Fody's Ground Beef Taco Cups

Ingredients:

- 1 lb ground beef (*substituted Gardein Plant-based Ground Beef*)
- 24 wonton wrappers
- 1 Tbsp [Fody's Taco Seasoning](#) (*substituted home-made seasoning*)
- 1 Tbsp [Fody's Shallot-Infused Olive Oil](#) (*substituted garlic infused olive oil*)
- 1-2 Tbsp [Fody's Taco Sauce](#)
- ½ cup canned petite diced tomatoes
- 1 cup shredded cheddar cheese
- [Fody's Medium Salsa](#), for serving
- Lactose free sour cream, for serving
- Chopped cilantro, for serving
- Chopped green onion (green parts only), for serving

Directions:

1. To start your ground beef taco cups, preheat your oven to 400 degrees and spray a 12-cup muffin tin with cooking spray.
2. Next, heat a large pan over medium-high heat and add Fody's Shallot-Infused Olive Oil once it's hot. Add your ground beef and Fody's Taco Seasoning and cook until the beef is cooked through. (About 3-4 minutes.) Then add your canned tomatoes (drained) and continue cooking until almost all of the liquid is absorbed, stirring occasionally. (About 5-7 minutes.) Stir in Fody's low-FODMAP Taco Sauce once done.
3. Next, place one wonton wrapper in the center of each cup in your prepared tin. (Push it down slightly so it **forms** to the cup.)
4. Then add 1 tablespoon of shredded cheese to each cup and place another wonton wrapper over the cheese layer. (Again, gently push it down so the wonton **sticks** to the cheese.)
5. Then fill each cup with your ground beef mixture and sprinkle your remaining cheese over top.
6. Place the tin in the oven and bake for 13-18 minutes, or until the cheese has melted and the wontons are crispy. (We suggest checking them around the 10 minute mark to make sure they're not burning.)
7. Once done, run a sharp knife around the edge of each cup and pop them out of the tin.
8. Serve your ground beef taco cups immediately with Fody's Medium Salsa and your favorite toppings!