

Cheeseburger Cups

by LAUREN MIYASHIRO UPDATED: JUL 9, 2018

YIELDS:

4

PREP TIME:

20 mins

COOK TIME:

10 mins

TOTAL TIME:

30 mins

Ingredients

Cooking spray

6 burger buns, split

1 tbsp. vegetable oil

1 medium onion, chopped

1 lb. ground beef

1/2 tsp. garlic powder

Kosher salt

Freshly ground black pepper

3 slices cheddar, quartered

Ketchup, for serving

Yellow mustard, for serving

12 pickle chips

Sesame seeds, for garnish

Directions

[SAVE TO MY RECIPES](#)

Step 1

Preheat oven to 350° and grease a muffin tin with cooking spray. Flatten burger bun halves to 1/4 inch thick with a rolling pin and place one half cut-side up in each prepared muffin cup.

Step 2

In a large skillet over medium-high heat, heat oil. Add onion and cook, stirring, until soft, about 5 minutes. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, about 6 minutes. Drain fat.

Step 3

Return beef mixture to skillet and season with garlic powder, salt, and pepper. Divide ground beef mixture among burger bun cups and top each with a cheddar cheese square. Bake until cheese is melty and buns are golden, about 10 minutes.

[Get recipe ingredients](#)

Step 4

Drizzle cups with ketchup and mustard, top with a pickle, and sprinkle with sesame seeds.

This burger bun trick is ENDLESSLY ADAPTABLE: The cups they form can be filled with anything (think: sloppy joe mix or taco meat, but don't even stop there).