

Easy Cheeseburger Cups: The Ultimate 30-Minute Muffin Tin Dinner

The Ultimate Muffin Tin Cheeseburger Cups: A Family Favorite



OVEN
375°F

TIME
6-7 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 pound ground beef: I recommend an 80/20 or 85/15 blend for the best flavor.
- 1 cup white onion: Diced finely so it softens perfectly during the browning process.
- 2 cloves garlic: Freshly minced for that aromatic kick.
- 5 tablespoons ketchup: Adds sweetness and moisture to the beef.
- 2 tablespoons mustard: Provides that classic "burger" tang.
- 1 teaspoon salt & 1/2 teaspoon black pepper: To season the meat to perfection.
- 1 (16 ounce tube) jumbo biscuit dough: Look for the "Grands" style for 8 large biscuits.
- 48 cubes American cheese: Found in the deli section. This melts better than pre-packaged singles!
- 1 cup dill pickles: Chopped into small pieces.
- 1 1/2 cup shredded lettuce: Adds a necessary crunch.
- 1/2 cup onion: Diced fresh for a sharp bite.

DIRECTIONS

- 1. Prep the Oven and Tins:** Preheat your oven to 375°F (190°C). To ensure your cups don't stick, spray two muffin tins thoroughly with nonstick cooking spray. Even if your pans are non-stick, the sugar in the biscuits can cause them to grab.
- 2. Form the Biscuit Cups:** Open your biscuit tube and place the biscuits on a cutting board. Cut each of the 8 biscuits in half horizontally to create 16 pieces. Press each piece out into a flat circle, then press it firmly into the bottom and up the sides of the muffin tin holes to form a cup shape.
- 3. Brown the Beef:** Heat a large skillet over medium-high heat. Add the ground beef and the 1 cup of diced onions. Cook, breaking the meat apart with a spatula, until the beef is fully browned and the onions are translucent. Drain any excess grease. Add the minced garlic and cook for just 30 seconds until you can smell it—don't let it burn!
- 4. Season the Filling:** Stir in the ketchup, mustard, salt, and pepper. Mix until the meat is evenly coated and the sauce is bubbling. Remove the pan from the heat.
- 5. First Bake:** Place one cheese cube into the bottom of each raw biscuit cup. This creates a "glue" that keeps the meat in place. Scoop about 2 tablespoons of the meat mixture into each cup, packing it down gently. Place in the oven and bake for 6-7 minutes.
- 6. The Second Melt:** Remove the tins from the oven. Press another cheese cube (or two!) into the top of each hot meat cup. Return them to the oven and bake for another 7-8 minutes. You are looking for the biscuits to be a deep golden brown and the cheese on top to be

perfectly melted and bubbly.

7. **Cool and Garnish:** Let the cups rest in the tin for about 5 minutes. This allows the crust to firm up. Use a butter knife to gently pop them out. Top with the shredded lettuce, chopped pickles, and fresh onions just before serving.

SWAPS & NOTES

The Beef: You can easily swap the ground beef for ground turkey or chicken if you want a lighter version.

If you go this route, add a splash of Worcestershire sauce to

keep the "beefy" profile.

The Cheese: While American cheese is the gold standard for that "fast food" burger melt, sharp cheddar or pepper jack are excellent alternatives if you want a bit more bite.

The Crust: If you don't have biscuits, you can use crescent roll dough or even pizza dough, though the texture will be slightly different.

TIPS FOR SUCCESS

Don't Overfill: It's tempting to pile the meat high, but keep it level with the top of the biscuit dough so the cheese doesn't slide off during the second bake.

Seal the Dough: Make sure there are no holes in your biscuit dough when pressing them into the tin, or the cheese will leak out and stick to the pan.

Prep Toppings Early: Have your cold toppings ready to go so you can eat the cups while the meat is still hot and the cheese is gooey.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-cheeseburger-cups-the-ultimate-30-minute-muffin-tin-dinner/>