

## Crispy Cheeseburger Onion Ring Cups

Cheesy ground beef bites baked inside crispy onion rings for an easy party snack or game day appetizer.



**PREP**

**10 minutes**

**COOK**

**15 minutes**

**TOTAL**

**25 minutes**

**SERVES**

**12 cups**

### INGREDIENTS

- 1 lb ground beef
- 1 cup shredded cheddar cheese
- 12 large onion rings, store-bought or homemade
- 1 tsp garlic powder
- Salt and pepper, to taste
- Cooking spray

### DIRECTIONS

1. Preheat the oven to 375 degrees F.
2. In a skillet over medium heat, brown the ground beef with garlic powder, salt, and pepper until fully cooked. Drain excess grease if needed.
3. Lightly spray a muffin tin with cooking spray and place one large onion ring in each cup as the base.
4. Fill each onion ring with the cooked beef and top with shredded cheddar cheese.
5. Bake for about 15 minutes, or until the cheese is melted and bubbly.
6. Let cool for 2 to 3 minutes, then remove carefully and serve hot.

### SWAPS & NOTES

Add diced pickles, ketchup, mustard, or burger sauce after baking for extra cheeseburger flavor.

Use larger onion rings so each cup holds enough beef and cheese.

Reheat leftovers in the oven or air fryer for the crispiest texture.

### TIPS FOR SUCCESS

Drain the beef well so the onion ring cups stay crisp.

Let the cups rest briefly before lifting them from the muffin tin.

Try pepper jack cheese or bacon bits for a spicy bacon cheeseburger version.

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

Original recipe: <https://chefmaniac.com/crispy-cheeseburger-onion-ring-cups/>