

## Easy Garlic Butter Burger Tot Cups Recipe

These bite-sized delights are packed with flavor and super easy to whip up



**PREP**  
**10 minutes**

**COOK**  
**25 minutes**

**TOTAL**  
**35 minutes**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 lb ground beef
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste
- 2 cups frozen tater tots
- 1 cup shredded cheddar cheese
- 1/4 cup butter, melted
- 2 tbsp fresh parsley, chopped (optional)

### DIRECTIONS

1. Preheat your oven to 400F (200C).
2. In a bowl, mix the ground beef with garlic powder, onion powder, salt, and pepper.
3. Press tater tots into the bottom of a greased muffin tin, creating a cup shape.
4. Fill each tot cup with the seasoned beef and top with shredded cheese.
5. Drizzle melted butter over the tops for extra flavor.
6. Bake for 20-25 minutes until the beef is cooked through and the tots are golden.

### SWAPS & NOTES

You can swap beef for turkey or chicken for a lighter option

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

Original recipe: <https://chefmaniac.com/easy-garlic-butter-burger-tot-cups-recipe/>