

## Donald's barbecups

This was originally came from my church's cookbook in 1996.

Makes approximately 12

### Biscuit cup:

- 2 cups flour
- 1/2 cup shortening
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 2/3 cup water or milk -- I use milk
- 1 egg

### Filling and topping

- 1-2 lb ground beef
- 1 small onion
- salt
- barbecue sauce of your choice
- mozzarella cheeze

### Equipment

- Large skillet or electric frypan
- Oven set to 425F
- Mixing bowl
- Fork
- Muffin baking tin(s) -- total of 12 muffin wells
- Chopping board
- Chopping knife
- Cooling racks
- Cookie sheet for freezing individually if the cooling racks can't go in the freezer
- Container, or zipper sandwich bags to freeze

### Making the filling:

- Clean and chop onion
- Fry the beef and onion until brown and water fraction has evaporated off (grease will always remain); add salt to taste

### Making the biscuit cups:

- Mix dry ingredients in the mixing bowl, including shortening
- Mse a fork to mix in and blend the shortening
- Mix the egg and milk in the measuring cup; add 1/3 at a time to the dry ingredients, mixing with the fork
- Pick up a golf ball sized amount of dough, and form the biscuit mix in the wells of the biscuit baking tin, pushing a well into the dough

### Completing the barbecups:

- Fill the wells in the dough with the meat and onion mix, using a spoon
- Put some barbecue sauce on top -- up to a teaspoon, or a slight squeeze if it's from a squeezable bottle
- Cover each barbecup with mozzarella cheese -- I usually slice cheese off the block, but grated cheese works too
- Bake for 13-14 minutes in the oven on the top rack, until the cheese starts to brown; part way through, rotate the trays front to back for more even baking of the biscuit dough
- Remove the baking pan from the oven

- Remove the barbecups from the wells by gently rotating them in the well using a plastic fork, placing on a tray or cooling rack
- Serve hot

Freezing:

- Allow barbecups to cool on cookie / cooling racks
- Barbecups freeze well; after freezing on rack, place the barbecups in a container, or in zipper sandwich bags, and keep frozen