Cow in a Cup

Recipe shared by James Duby

**INGREDIENTS**

- 5 lbs hamburger
- 1 med onion, chopped
- 1/2 cup diced mushroom
- Salt and pepper to taste
- 1-2 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 2 Tbsp. oregano, Italian seasoning
- Any sauce - spaghetti, BBQ, etc.
- 2-4 tubes canned biscuits
- 2-3 cups shredded cheese

**DIRECTIONS**

Brown hamburger, onion, mushroom and seasonings in large skillet. Stir well, drain and set aside to cool. Once cool, add sauce. Spray cupcake pan with nonstick cooking spray. Flatten biscuits - not too thin or meat will fall through. Place on biscuit into each section of pan. Place meat into each section, filling almost to the top. Cover with cheese and bak until golden brown and cheese is bubbly. Remove and let rest 10 minutes before eating.
Mac & Cheese Soup

Created by Pops and Janey Willoby

INGREDIENTS

- 3 boxes Velveeta Shells & Cheese
- 1 pkg broccoli, chopped
- 1 pkg diced ham
- 1 small pkg sour cream
- 3 cups milk
- 1 to 2 Tbsp. minced garlic
- 3 Tbsp. onion powder or diced onion (about one cup)
- Salt and pepper to taste
- 4 cups shredded cheese
- Pepper flakes or hot sauce to taste

DIRECTIONS

- Boil pasta and broccoli per package instructions. Do not drain.
- Add all other ingredients, simmer until all are well blended and cooked. Serve with toast or garlic bread.
Dressed Up Ramen

Recipe shared by Tina Drake

**INGREDIENTS**
- 1-2 packages ramen noodles
- 3 cups water for boiling
- 1 can mixed vegetables
- Seasoning of choice
- 1/2 pound hamburger

**DIRECTIONS**
- Bring water to a boil.
- Brown hamburger with spices of choice.
- Add ramen to water to soften and use a strainer to drain off most of the water. Add sauce packets, vegetables and hamburger to soup. Serve in bowls.