

Sloppy Joe Spaghetti Cups

Servings : 12

Amount	Measure	Ingredient - Preparation Method
8	ounces	spaghetti - uncooked, broken in half
1	large	egg
1/2	cup	sour cream
3/4	cup	sharp cheddar cheese - grated and divided
1/4	teaspoon	salt
3/4	cup	lean ground beef
1 1/3	ounces	Sloppy Joe Seasoning Mix
6	ounces	tomato paste
1	cup	water
		vegetable cooking spray

Spray a 12-cup muffin tin with spray. Preheat oven to 350.

Break spaghetti in half; cook according to package.

While pasta is cooking, mix together egg, sour cream and 1/2 cup cheese. When spaghetti is cooked al dente, drain and rinse under cold water until completely cool. Drain completely.

Transfer back to a cooking pot. Add sour cream mixture and toss until well mixed. Set aside.

Cook beef in skillet until browned. Drain well and pat dry.

Return beef to skillet; add seasoning mix, tomato paste and water. Mix well. Cook over med heat for 10 minutes, stirring frequently.

Divide spaghetti mixture evenly among muffin cups (1/4 cup each). Press pasta firmly into cup with back of spoon.

Spoon beef mixture into center of each cup (1.5 tbs) dividing evenly among cups. Top each with 1 tspn cheese.

Bake until firm and heated through, about 20 minutes. Let stand 10 minutes.

Loosen edges with knife and remove. Serve.