

BEEFY MUFFINS

With this recipe, I won a Wisconsin Beef Council cooking contest. This is a recipe where you can substitute. Use different cheeses. Maybe you want to add some peppers to spice it up.

1 pound ground chuck

1 egg

1/4 pound **Velveeta Cheese** - cut into little chunks.

Add a little more if you would like it a little cheesier.

1 small can of mushrooms- drained

1 small diced onion (Optional)

Seasonings (Salt, pepper, etc, Whatever you normally would season your hamburger with)

8 English Muffins

Preheat the oven to 350

Mix all the ingredients together in a bowl except the English Muffins. Put the English Muffins on a cooking tray sprayed with a **cooking spray**. Divide the mixture and place on top of the English Muffins then cook for 45 minutes in the preheated oven.

