Serves 6



- 1-6 pkg. of English muffins
- 1 lb. of ground beef
- Garlic powder
- Onion powder
- Oregano
- Salt and pepper
- 1 jar of pizza sauce
- 1 package of shredded cheese

Preheat oven to 350 degrees.

In medium fry pan brown beef and add onion powder, garlic powder, oregano and salt and pepper (drain off fat).

Spread muffins on baking sheet with sides.

Spread approximately 2 Tablespoons of pizza sauce on each muffin.

Add approximately 2 Tablespoons of browned beef.

Top with 2 tablespoons of shredded cheese.

Bake about 10-12 minutes until the cheese is melted, browned and bubbly.