

## Garbage Bread - A Cheesy, Meaty Stuffed Bread You Can Customize

cheesy, meaty, flavor-packed snack



**OVEN**  
**400°F**

**TIME**  
**25 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 package (16 oz) pizza dough
- $\frac{1}{2}$  lb cooked sausage, crumbled
- $\frac{1}{2}$  cup pepperoni slices
- $\frac{1}{2}$  cup bell pepper, chopped
- $\frac{1}{2}$  cup red onion, chopped
- 1 $\frac{1}{2}$  cups shredded mozzarella cheese
- $\frac{1}{2}$  cup grated Parmesan cheese

### DIRECTIONS

- 1.** Preheat the Oven: Preheat your oven to 400°F (200°C).
- 2.** Line a baking sheet with parchment paper or lightly grease it.
- 3.** Cook the Sausage: In a skillet over medium heat, cook sausage until browned and crumbled.
- 4.** Drain excess fat and let cool slightly.
- 5.** Roll Out the Dough: On a floured surface, roll out the pizza dough into a large rectangle (about 10x14 inches).
- 6.** Make sure it's thin but not tearing.
- 7.** Layer the Fillings: Evenly sprinkle the dough with:  
Cooked sausage
- 8.** Pepperoni
- 9.** Chopped bell pepper
- 10.** Red onion
- 11.** Mozzarella cheese
- 12.** Parmesan cheese
- 13.** Leave about a 1-inch border on the edges.
- 14.** Roll and Seal: Carefully roll the dough up lengthwise like a jelly roll.
- 15.** Pinch the edges and seam closed, then place seam-side down on the prepared baking sheet.
- 16.** Tuck the ends under to seal completely.
- 17.** Bake: Bake for 20-25 minutes, or until the dough is golden brown and firm to the touch.
- 18.** Let rest for 5 minutes before slicing.

## SWAPS & NOTES

Meat alternatives : Use turkey sausage, cooked bacon, or even shredded chicken.

Veggie options : Add mushrooms, spinach, olives, or jalapeños for extra flavor.

Cheese swaps : Try provolone, cheddar, or pepper jack.

Sauce it up : Add a thin layer of pizza or marinara sauce inside-or serve on the side for dipping.

### TIPS FOR SUCCESS

Don't overload : Keep the filling balanced to avoid soggy dough.

Cool the fillings slightly before assembling so they don't steam the dough.

Use an egg wash (1 egg + 1 tbsp water) on top for a glossy, golden crust.

Slice with a serrated knife for clean cuts.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/garbage-bread-a-cheesy-meaty-stuffed-bread-you-can-customize/>