

The Ultimate Cheesy Taco Breadsticks: A Game-Changing Game Day Appetizer

The Ultimate Cheesy Taco Breadsticks: Your New Favorite Dinner Hack



OVEN
400°F

TIME
3 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 lb Ground Beef: I prefer a lean mix (90/10) to keep the breadsticks from becoming too oily.
1 Packet Taco Seasoning: Your favorite store-bought brand or a homemade blend works great.
1/4 Cup Water: To help the seasoning coat the beef perfectly.
1 Tube Refrigerated Pizza Dough: Look for the rectangular "thin crust" or "classic" variety.
1 1/2 Cups Shredded Mozzarella Cheese: For that ultimate "cheese pull."
1 Cup Shredded Cheddar Cheese: For a sharp, bold taco flavor.
2 Tbsp Butter, Melted: For brushing the crust to achieve a golden finish.
1 tsp Garlic Powder: To add depth to the crust.
1 Tbsp Chopped Fresh Parsley: Optional, but adds a lovely pop of color.
Dipping Sauces: Marinara or taco sauce are classic choices.

DIRECTIONS

- 1. Preheat and : Prep:** Start by preheating your oven to 400°F (200°C). Line a large baking sheet with parchment paper or a silicone mat. This ensures the cheese that inevitably oozes out won't stick to the pan!
- 2. Brown the : Beef:** In a large skillet over medium heat, brown the ground beef until no pink remains. Drain the excess fat carefully. Stir in the taco seasoning and water, simmering for about 2-3 minutes until the liquid has thickened into a glossy sauce. Set aside to cool for a few minutes so the heat doesn't prematurely melt the dough.
- 3. Prepare the : Dough:** Unroll your pizza dough onto the prepared baking sheet, stretching it gently into a large rectangle.
- 4. Layer the : Filling:** Spread the seasoned taco meat evenly across one-half of the dough rectangle, leaving a small border around the edges. Generously pile on the mozzarella and cheddar cheeses over the meat.
- 5. Fold and : Seal:** Fold the empty half of the dough over the filling. Use your fingers or a fork to crimp the edges tightly, sealing the meat and cheese inside.
- 6. Score and : Season:** Using a pizza cutter or a sharp knife, slice the dough into strips about 1-2 inches wide. Do not separate them yet-just cut through the top and bottom layers. Brush the top with melted butter, then sprinkle with garlic powder and any leftover cheese.
- 7. Bake:** Place in the oven for 15-18 minutes. You are looking for a deep golden-brown crust and cheese that is bubbling through the score marks.

8. Garnish and : Serve: Sprinkle with fresh parsley and let them rest for 5 minutes before pulling them apart.

SWAPS & NOTES

Dipping Sauces: Marinara or taco sauce are classic choices.

Swaps and Notes The Protein: You can easily swap the ground beef for ground turkey or chicken.

If you want a more "fiesta" vibe, try using the shredded chicken style found in my Mexican Chicken and Rice Casserole.

The Cheese: Don't feel restricted to Mozzarella and Cheddar.

TIPS FOR SUCCESS

Cool the Meat: If the beef is piping hot when you put it on the dough, the dough will start to steam and get soggy.

Let it reach room temperature or at least stop steaming before assembly.

Seal the Edges: Make sure you press the edges firmly.

If not, the taco juices might leak out, which tastes great but makes for a messier presentation.

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

Original recipe: <https://chefmaniac.com/the-ultimate-cheesy-taco-breadsticks-a-game-changing-game-day-appetizer/>