

Taco Pizza

Yield: 28 min
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-shakeys-mexican-taco-pizza>

Ingredients:

- 10 fluid ounces warm water
- 3/4 teaspoon salt
- 3 tablespoons vegetable oil
- 4 cups all-purpose flour
- 2 teaspoons active dry yeast
- 6 ounces tomato paste
- 3/4 cup water
- 1 1/4 ounces taco seasoning mix divided
- 1 teaspoon chili powder or to taste
- 1/2 teaspoon cayenne pepper or to taste
- 16 ounces refried beans fat-free
- 1/3 cup salsa
- 1/4 cup chopped onion
- 1/2 pound ground beef
- 4 cups shredded cheddar cheese

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 4 grams
8. Sodium: 410 milligrams
9. Sugar: 1 grams

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