

# Crispy Sheet Pan Tacos

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These easy Sheet Pan Tacos bake up golden and crispy with ground turkey, refried beans, Monterey Jack cheese, and a quick sour cream-lime dipping sauce.

| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 5 mins    | 35 mins   | 40 mins    |

Course: Main Course Cuisine: Mexican Total Cost: \$7.94 recipe / \$1.32 serving Servings: 6 servings (2 tacos each)

Calories: 388kcal Author: [Jennie Alley](#)

## Equipment

- Large Bowl
- Baking Sheet
- Small Bowl

## Ingredients

### Tacos

- 1 lb. ground turkey \$3.94
- 10 oz. can diced tomatoes with green chilies drained, \$0.96
- 1 tsp chili powder \$0.03
- 1 tsp ground cumin \$0.03
- ½ tsp garlic powder \$0.06
- ½ tsp smoked paprika \$0.08
- ½ tsp salt \$0.02
- 12 small corn tortillas taco size, \$0.79\*
- 1 cup Monterey jack cheese shredded, (113g) \$0.98
- 1 cup refried beans 260g, \$0.57
- 2 Tbsp vegetable oil \$0.08

### Dipping Sauce

- ½ cup sour cream 120g, \$0.26

- 1 tsp lime juice \$0.02
- 1/2 tsp [chili powder](#) \$0.01
- 1/4 tsp smoked paprika \$0.04
- 1/4 tsp garlic powder \$0.03
- 1/8 tsp salt \$0.01
- 1/2 tsp honey \$0.03

## Instructions

1. Gather and prep all ingredients and preheat oven to 425°F.
2. Wrap a damp paper towel around corn tortillas and microwave for 20 seconds to make them soft and pliable.
3. In a large bowl, combine ground turkey, drained diced tomatoes with green chilis, chili powder, cumin, smoked paprika, garlic powder, and salt. Mix until fully combined.
4. Line a baking sheet with parchment paper and drizzle with vegetable oil. Lay tortillas flat on the sheet, coating both sides lightly with oil.
5. On one half of each tortilla, spread 2–3 tablespoons of the turkey mixture and press lightly.
6. On the other half, spread a thin layer of refried beans.
7. Sprinkle shredded cheese over the taco and fold tortillas in half so meat and beans are on opposite sides. Press lightly to seal.
8. Bake for 25-35 minutes, flipping halfway through, until the turkey is fully cooked (165°F internally on a meat thermometer) and the tortillas are golden and crispy.\*\*
9. While tacos bake, whisk together sour cream, lime juice, chili powder, smoked paprika, garlic powder, salt, and honey in a small bowl until smooth and creamy.
10. Serve the sheet pan tacos warm with the dipping sauce and any additional toppings you like, such as sliced avocado, chopped cilantro, or a squeeze of fresh lime.

See how we [calculate recipe costs here](#).

## Notes

\***Small flour tortillas** will also work if that's what you've got. **Flour tortillas are a little softer and chewier, but they still crisp up well** in the hot oven!

\*\***Bake your sheet pan tacos for a few minutes longer** if you like your tacos **extra crispy**.