

No-Crust Pizza

Ingredients:

- 1 ½ pounds ground beef
- 1 small jar pizza sauce
- 3 cups shredded mozzarella cheese
- 1 tsp Italian seasoning
- 3 Tbsp grated Parmesan cheese
- Pepperoni, Canadian, bacon, sausage or any other topping that is a meat or vegetable

Directions:

1. Pat ground beef into a 9x13-inch casserole dish until flat and all the way to the sides.
2. Bake at 350°F for 25 minutes. Drain. Reminder- meat will have shrunk down in size.
3. Spread sauce and seasoning over top of meat.
4. Layer with meat and vegetables desired.
5. Top with cheeses.
6. Bake 10-12 more minutes at 350°F, or until cheeses are melted.

For Our Program:

Nutrition Information:

Servings = 6

Carbohydrates per serving = 5.5g