

Healthy Recipe of the Week

Use organic ingredients whenever possible.

Meatza Pie

From Well Fed – Paleo Recipes for People who Love to Eat by Melissa Joulwan

MEAT CRUST:

1 pound ground beef

2 tsp Italian sausage seasoning (Mix together - 4 tsp dried parsley, 1 Tbsp dried Italian herbs, 2 tsp ground black pepper, 2 tsp garlic powder, 2 tsp paprika, 4 tsp salt, 1 tsp crushed red pepper flakes, 1 ½ tsp fennel seed.)

SAUCE:

1 tsp olive oil

1 clove garlic, minced (about 1 tsp)

1 tsp Italian sausage seasoning

3 ounces tomato paste (1/2 can)

¼ cup water

TOPPINGS: ¼ cup steam-sautéed broccoli, ¼ cup steam-sautéed bell pepper strips, 10 black olives, a handful of fresh baby spinach leaves.

(These could be a combination of anything you like. Try tomatoes, sautéed onions, bacon, kale, or mushrooms.)

1. Preheat the oven to 400°. Mix the ground beef and seasoning until combined.
2. Divide the meat in half, roll into a ball, and press evenly into an 8- or 9- inch round pie pan. Cover only the bottom of the pan and smooth the meat with damp hands until it's an even thickness. Repeat with the other piece of "crust". Bake for 10-15 minutes, until the meat is cooked through and the edges are brown. Leaving the oven on, remove the crusts from the oven and allow to cool in the pan.
3. While the crusts are baking, heat a small saucepan over low heat, then add the olive oil, garlic, and seasoning, stirring with a wooden spoon until fragrant, about 20 seconds. Add the tomato paste and stir until combines, then stir in the water. Bring to a boil, then simmer for 5 minutes until thickened. Set aside.
Next, cover a large baking sheet with foil and place the meat crusts on the baking sheet. Spread about ¼ cup sauce on each meat crust, leaving a ½-inch border around the edges. Arrange the vegetables on top, pressing them gently into the sauce. Pop the pizza back into the oven for 10-15 minutes, until hot and browned to your liking