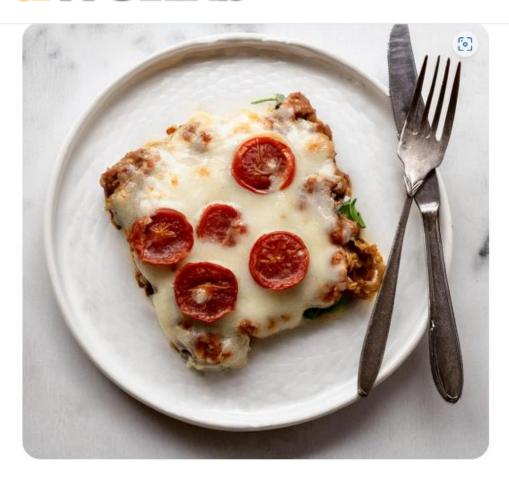
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Pizza Casserole

Ingredients

- 1. 1 to 1 1/2 lbs uncooked 95 97%
- 2. t tsp garlic powder
- 3. 1 tsp salt
- Pinch black pepper
- 5. 1 tsp dried oregano
- 6. 2 cups chopped frozen cauliflower cooked in microwave or skillet
- 7. 1/4 cup grated parmisan cheese
- 8. 2 cups low sugar marinara/pasta sauce
- 1 and 1/2 cups shredded mozarella (reduced fat works great)
- 10. 2 oz turkey or regular pepperoni slices and other toppings if desired

Instructions

- Cook ground beef or impossible meat in large skillet over medium high heat until done. Mix salt, pepper and garlic powder with ground beef.
- 2. Drain grease from ground beef.
- 3. Spray Insta-pot or crock pot with olive oil or similar.
- 4. Add cooked meat to Insta-pot or crock pot.
- Add oregano, cauliflower, parmesan cheese, marinara sauce, basil and 1 oz turkey pepperoni cut into smaller pieces to the cooked meat.
- Stir to combine.
- 7. Cook on low for 3-6 hours.
- 8. Top with mozzarella cheese and remaining turkey pepperoni (or other toppings if desired).
- With cheese and toppings added, cook additional 25-35 minutes on high.

Serves: 2-3 people Prep Time: 4-6 hours