



Pizza Casserole

Ingredients

1. 1 to 1 1/2 lbs uncooked 95 - 97%
2. 1 tsp garlic powder
3. 1 tsp salt
4. Pinch black pepper
5. 1 tsp dried oregano
6. 2 cups chopped frozen cauliflower cooked in microwave or skillet
7. 1/4 cup grated parmesan cheese
8. 2 cups low sugar marinara/pasta sauce
9. 1 and 1/2 cups shredded mozzarella (reduced fat works great)
10. 2 oz turkey or regular pepperoni slices and other toppings if desired

Serves: 2-3 people

Instructions

1. 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.
5. Add oregano, cauliflower, parmesan cheese, marinara sauce, basil and 1 oz turkey pepperoni cut into smaller pieces to the cooked meat.
6. 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).
9. With cheese and toppings added, cook additional 25-35 minutes on high.

Prep Time: 4-6 hours