

# Cooktorials



## Pizza Casserole

### Ingredients

1. 1 lb uncooked 95 to 97% lean ground beef or impossible meat - 12 oz cooked
2. 1 tsp garlic powder
3. 3/4 tsp salt
4. 1/4 tsp black pepper
5. 1 tsp dried oregano
6. 1 tsp dried basil leaves
7. 2 cups roughly chopped fresh cauliflower
8. 1/4 cup fresh grated parmesan cheese
9. 2 cups low sugar marinara/pasta sauce
10. 1 and 1/2 cups reduced fat shredded mozzarella cheese
11. 2 oz turkey pepperoni slices, cut in halves or quarters.

**Serves:** 2-3 people

### Instructions

1. Over medium high heat, cook ground beef in large skillet. Add garlic powder, salt and pepper.
2. Drain grease, remove from heat.
3. Add dried oregano, basil, cauliflower, parmesan cheese, marinara sauce and 1 oz turkey pepperoni cut into 4ths to the ground beef until combined. Pour into a slow cooker that has been sprayed lightly with cooking spray.
4. Cook on LOW for 4 to 6 hours.
5. Top with mozzarella cheese and additional 1 oz turkey pepperoni.
6. Cook for additional 30 minutes on HIGH or until cheese has melted.

**Prep Time:** 2-4 hours