

Deep-Dish Pizza Casserole

Description

Meaty, cheesy pizza dish. Per Serving: Calories 277 Carbs 28.5g Fat 7.7 g Fiber 1.6g Protein 22.6g Cholesterol 49mg Sodium 667 mg Calcium 208mg Iron 3.1mg WW: 6 points

Ingredients

- 1 lb lean ground beef
- 1 can S&W diced tomatoes with peppers
- 1 can (10-ounce) refrigerated pizza crust dough
- 1 1/2 cup preshredded part-skim mozzarella cheese
- 2 tbsp dried basil
- 1 tbsp onion powder
- 1/2 tsp garlic powder
- sprinkle of cracked red pepper

Instructions

Preheat oven to 450 degrees. Cook meat in a non stick skillet over medium-high heat until browned, stirring until it crumbles. Drain and return to skillet. Add pasta sauce, basil, onion powder garlic powder and cracked red pepper. Simmer for 10 minutes, stirring occasionally. While meat cooks, coat a 13 x 9 inch baking dish with cooking spray. Unroll pizza crust dough and press into bottom and halfway up sides of baking dish. Top bottom of pizza crust with meat mixture. Bake, uncovered for 12 minutes. Top with cheese and bake 5 minutes or until crust is browned and cheese melts. Cool 5 minutes before serving. Serve with a green salad.

Summary

Yield: 6

Source: WW Meeting

Prep Time: 30 minutes

Category: Casseroles

Cuisine: American

Tags: pasta sauce, ground beef