# Deep-Dish Pizza Casserole

## Description

Meaty, cheesy pizza dish.Per Serving:Calories 277Carbs 28.5gFat 7.7 gFiber 1.6gProtein 22.6gCholesterol 49mgSodium 667 mgCalcium 208mgIron 3.1mgWW: 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 ٠
- 2 tbsp dried basil ٠
- 1 tbsp onion powder •
- 1/2 tsp garlic powder
- sprinkle of cracked red pepper ٠

### 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 p;izza 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