

# Pizza Toppings Casserole



Serves 8

Ingredients:

- 1 pound bulk Italian sausage
- 8 ounces fresh mushrooms, sliced
- 4 eggs
- $\frac{1}{2}$  cup heavy cream
- $\frac{1}{4}$  cup pizza sauce (recipe below)
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon Italian seasoning and/or basil
- $3\frac{1}{2}$  ounces pepperoni, chopped

Adapted from GenaW.com (Linda's Low Carb)

- 1/2 cup green pepper, chopped (2 ounces)
- 8 ounces whole milk mozzarella cheese, cut into small cubes
- 1/2 cup red onion, slivered
- Crushed red pepper, optional

Instructions:

1. Brown the sausage with the mushrooms; drain the grease.
2. Meanwhile, whisk the eggs, cream, pizza sauce and seasonings in a medium bowl.
3. Grease a 7x9" deep baking dish (or 7x12" shallow baking dish) and put in the meats, mushrooms, peppers and the mozzarella cubes.
4. Pour in the egg mixture and mix well.
5. Top with the red onion.
6. Sprinkle with a little more garlic powder, Italian seasoning and a little crushed red pepper flakes, if you like.
7. Bake at 350°F for 45-55 minutes until nicely browned and a knife inserted in the center comes out almost clean.
8. Let stand about 5 minutes before serving.

## Pizza Sauce

Makes approximately 1 cup

Ingredients:

- 1 (8 ounce) can tomato sauce
- 2 tablespoons tomato paste
- 1/2 cup water
- 2 teaspoons low-carb sweetener
- 1/4 teaspoon garlic powder

Adapted from GenaW.com (Linda's Low Carb)

- 1/2 teaspoon dried basil, or to taste

Instructions:

1. Bring all ingredients to a boil in a small saucepan.
2. Partially cover the pot and simmer over low heat for 1 hour.

Nutrition per serving: Calories 408; Total Fat 32.4 g; Saturated Fat 14.9 g; Monounsaturated Fat 12.5 g; Polyunsaturated Fat 2.9 g; Total Carbohydrates 7.9 g; Dietary Fiber 1.2 g; Sugar Alcohols 0.3 g; Sugars 4.5 g; Protein 21.5 g; Sodium 911 mg