

CARBCONTROL RECIPES

MAINS

Low Carb Pizza with Meat Crust – serves 6 (for stage 4)

500 g ground beef
1/3 cup grated Parmesan cheese
¼ cup beef bouillon
1 onion, chopped
1 clove garlic, minced
1 tsp seasoned salt
1 can tomato sauce, sugar free
1 cup ricotta cheese, drained
2 egg yolks, beaten
½ cup mozzarella cheese in thin slices
16 slices pepperoni

Preheat oven to 180 C fanbake.

Mix beef, Parmesan cheese, bouillon, onion, garlic, and salt. Press into a 9 inch plate to form a shell and bake for 15 minutes. Remove from oven and pour off excess fat. Combine tomato sauce, ricotta and egg yolks and fill the shell. Top with mozzarella slices and pepperoni. Bake until cheese has melted.