

This Crustless Pizza Bowl Is My Favorite Low-Carb Comfort Fix

If you're craving pizza but keeping it low-carb, this



TIME
5 min

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INGREDIENTS

1 lb ground Italian sausage or beef

$\frac{1}{2}$ cup chopped onions

$\frac{1}{2}$ cup chopped bell peppers

$\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp Italian seasoning

1 cup low-carb marinara sauce

$\frac{1}{2}$ cup sliced mushrooms

$\frac{1}{2}$ cup sliced black olives

1 $\frac{1}{2}$ cups shredded mozzarella cheese

Optional: pepperoni slices, red pepper flakes

Optional Add-Ins:

Fresh spinach or zucchini for added veggies

Crumbled bacon or Canadian bacon for more protein

Jalapeños or banana peppers for heat

Swap mozzarella for a mix of Italian cheese blend

Instructions:

Brown the Meat In a large skillet over medium heat, cook the sausage or beef with onions and bell peppers until browned. Drain excess grease.

Simmer the Sauce Stir in garlic powder, Italian seasoning, and marinara sauce. Let simmer for 5 minutes to meld flavors.

Assemble the Bowls Spoon the meat mixture into oven-safe bowls or ramekins. Top with mushrooms, olives, and shredded mozzarella. Add pepperoni or any other toppings.

Broil Until BubblyPlace bowls on a baking sheet and broil on high for 2-4 minutes, or until cheese is bubbly and lightly golden.

Serve HotLet cool slightly before serving. Grab a spoon and enjoy!

Tips for Success:

Use a sugar-free marinara sauce to keep it keto

Pre-cook toppings like mushrooms or spinach to avoid excess moisture

Ramekins or mini cast iron skillets work great for personal portions

Don't overload the bowl with toppings-layer for balance and melty cheese on top

Serving Suggestions & Pairings:

Add a side of These Easy Turkey Wings for a protein-packed plate

Pair with This Dorito Casserole if you're feeding a mixed crowd

Add variety with These Sheet Pan Quesadillas for carb-lovers

Sip on This Blueberry Lemonade for a sweet and tangy contrast

End with The Best Peanut Butter Brownies I've Ever Made-or keep it keto with a square of dark chocolate

Storage & Reheating:

Fridge: Store in airtight containers for up to 4 days

Reheat: Microwave or broil briefly to re-melt cheese

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9. Don't overload the bowl with toppings-layer for balance and melty cheese on top
10. Serving Suggestions & Pairings: Make it a full low-carb meal with these delicious options:
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12. Pair with : This Dorito Casserole if you're feeding a mixed crowd
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18. Freezer: Assemble in containers and freeze before broiling-thaw and broil when ready to eat
19. More Recipes You'll Love: These Easy Turkey Wings Are My Favorite Comfort Food for Lazy Sundays
20. This : Dorito Casserole Is My Favorite Weeknight Dinner Shortcut
21. These : Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast
22. This : Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days
23. The : Best Peanut Butter Brownies I've Ever Made (And I've Made a Lot)
24. Final Thoughts: This Low Carb Crustless Pizza Bowl is everything you love about pizza-savory meat, tangy sauce, melty cheese-without the carb overload. It's fast, customizable, and satisfying enough to curb your biggest takeout cravings.
25. Tried it? Tag @ChefManiac and show off your low-carb creation-we love seeing what's in your bowl!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-crustless-pizza-bowl-is-my-favorite-low-carb-comfort-fix/>