

Low Carb Pizza Bowl Recipe (All the Flavor, No Crust Required)

Low Carb Pizza Bowls (All the Pizza Flavor, None of the Crust)

OVEN
375°F

TIME
25 min

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INGREDIENTS

Base + cheese:
2-4 tbsp pizza sauce
2 cups shredded mozzarella cheese
Topping ideas (mix and match):
¾ cup pepperoni slices
¾ cup cooked ground beef
¾ cup cooked Italian sausage
... cup diced onion
... cup diced bell pepper
... cup sliced black olives
... cup banana peppers
¾ cup diced ham
... cup pineapple chunks
¾ cup fresh spinach

DIRECTIONS

1. Preheat: Heat oven to 375°F.
2. Prep bowls: Lightly grease two oven-safe bowls or ramekins.
3. Sauce base: Spoon 1-2 tbsp pizza sauce into the bottom of each bowl.
4. Add toppings: Layer your desired toppings over the sauce (or mix them in a bowl first and spoon in).
5. Cheese blanket: Top each bowl generously with mozzarella.
6. Bake: Bake 15-20 minutes until cheese is melted, bubbly, and golden.
7. Cool slightly: Let sit a few minutes before digging in (it's lava-hot at first).

SWAPS & NOTES

Sauce matters: Choose a lower-sugar pizza sauce if you're watching carbs closely.

Cheese upgrades: Add a sprinkle of Parmesan, provolone, or a little cheddar for extra depth.

Make it spicy: Use hot Italian sausage, add extra banana peppers, or finish with red pepper flakes.

Veggie tip: If your toppings are watery (mushrooms, spinach), sauté briefly first to prevent a soupy bowl.

TIPS FOR SUCCESS

Layer smart: Sauce on bottom, toppings in the middle, cheese on top = best "pizza bite." Don't overfill: Leave a little room at the top so melted cheese doesn't overflow.

Broil for extra golden: If you want that browned top, broil 1-2 minutes at the end (watch closely).

Use cooked meats: Pepperoni is ready-to-go, but ground beef and sausage should be cooked first.

Let it rest: A few minutes helps everything settle and makes it easier to eat.

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

Original recipe: <https://chefmaniac.com/low-carb-pizza-bowl-recipe-all-the-flavor-no-crust-required/>