

Pizza Bowls Recipe for an Easy Low-Carb Weeknight Dinner

1/2 pound lean ground turkey or ground beef



OVEN
400°F

TIME
5 to 6 min

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INGREDIENTS

- 1/2 pound lean ground turkey or ground beef
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 tablespoon Italian seasoning
- 1 cup cheddar cheese, grated
- 1/2 cup pizza sauce
- 4 small mushrooms, chopped
- 1/4 cup sliced olives
- 8 slices pepperoni
- 1/2 cup mozzarella cheese, grated
- Optional: peppers and onions

DIRECTIONS

1. Preheat the oven: Preheat your oven to 400°F (200°C).
2. Cook the meat mixture: Heat the olive oil in a skillet over medium heat.
3. Add the garlic and optional onions and peppers, and cook briefly until fragrant.
4. Add the ground turkey or beef, breaking it apart with a spatula. Cook for about 5 to 6 minutes, until no longer pink.
5. Stir in the : Italian seasoning.
6. Add cheddar cheese: Remove the skillet from the heat and mix in the grated cheddar cheese.
7. Add the sauce and toppings: Spread the pizza sauce over the meat mixture.
8. Top with the chopped mushrooms, sliced olives, and pepperoni.
9. Add mozzarella and bake: Sprinkle the mozzarella cheese over the top.
10. Place the dish in the oven and bake for about 15 minutes, or until the cheese is melted and bubbly.
11. Serve: Serve hot straight from the oven.

SWAPS & NOTES

Ground turkey makes the bowls a little lighter, while ground beef gives them a richer, more classic pizza-style flavor.

Cheddar mixed into the meat adds extra richness and helps make the base feel especially hearty, while mozzarella on top gives you that classic melted pizza finish.

Mushrooms, olives, and pepperoni make these bowls taste like a loaded pizza, but you can easily switch things up with other favorite toppings like cooked sausage, green peppers, onions, or even jalapeños.

Because these bowls are baked until bubbly, they are especially

good served hot right out of the oven.

TIPS FOR SUCCESS

Drain excess grease if needed after browning the meat so the bowls do not turn oily.

Use a good pizza sauce since it adds a lot of the classic pizza flavor to the final dish.

Do not overload the bowls with too many watery toppings, or the mixture can become too loose.

Let the bowls sit for a minute or two after baking so the cheese settles slightly before serving.

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

Original recipe: <https://chefmaniac.com/pizza-bowls-recipe-for-an-easy-low-carb-weeknight-dinner/>