

## *Meatza!*



### Ingredients for the crust:

2 lbs ground beef

2 lbs. Hot pork sausage

2 eggs

Any herbs or seasonings desired, such as

¼ cup dulse flakes

1 teaspoon oregano

### Suggested ingredients for toppings:

low carb pizza sauce

pepperoni slices

mozzarella and/or other cheeses

mushrooms

jalapenos

onion

crushed red peppers

### Method:

Preheat oven to 425 F. Combine the ingredients for the crust in a large bowl. Spread the mixture to about ½ inch thickness in a large baking sheet – at least 9x13 inch pan. A cast iron roasting pan is used above. Curl the edges up a bit. Cook in the oven for 15 minutes. Remove any juices from the pan. Add toppings of choice and bake again for another 15 minutes.