

Mark's Kitchen

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Vegetable Meatza Pie with Pesto Sauce

Ready in: 40 minutes

Serves: 8

Today my friend and colleague, [Dr. Amy Myers](#), is sharing her comforting Meatza Pie recipe with us. Now you can satisfy your pizza cravings without any guilt! The grass-fed meats that form the crust are rich in zinc which strengthens the immune system and nourishes the gut.

Ingredients:

Crust

- 1 pound ground grass-fed bison
- 1 pound ground grass-fed beef
- 2 teaspoons garlic powder
- 2 teaspoons oregano
- 2 teaspoons basil
- 1 teaspoon thyme
- 1 teaspoon parsley
- 1 teaspoon sea salt

Toppings

- 6 minced garlic cloves

- 1/2 diced red onion
- 4 ounces mushrooms
- 1/2 zucchini
- pesto to taste - check out Amy's recipe for [Dino Kale Pesto](#)
- additional toppings (optional): shredded carrots, broccoli, cauliflower, mushrooms, asparagus, basil

Step 1: Preheat oven to 350°F.

Step 2: Make the crust. Place the bison and ground beef into a large mixing bowl and add the remaining crust ingredients. Mix until thoroughly combined.

Step 3: Line a baking sheet with parchment paper and spread the mixture on the baking sheet to make one large crust or two evenly sized crusts.

Step 4: Place the baking sheet into the oven and bake for 15 minutes.

Step 5: Remove the crust from the oven and evenly spread the pesto over the crust(s). Then place your toppings of choice onto the crust(s).

Step 6: Put the pizza(s) back in the oven and cook until vegetables are crisp and the meat is fully cooked - about 15 to 20 more minutes.

Step 7: Cut into wedges and serve while hot!

Nutritional analysis per serving: calories 310, fat 21 g, protein 27 g, carbohydrate 4 g, sodium 82 mg

