

Beef, Pepper And Onion Pizza

Enjoy pizza with Ground Beef, onions and peppers in under thirty minutes.

INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1 small onion, sliced thin, separated into rings
- 1 small green or red bell pepper, cut into thin strips
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 package (16 ounces) thick prebaked pizza crust (12-inch)
- 1-1/2 cups shredded mozzarella cheese



30 Min 6 42 Cal 30g
 Servings Protein

COOKING

1. Heat oven to 400°F. Heat large nonstick over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Remove drippings. Add onion and bell pepper; cook until vegetables are crisp-tender. Remove from skillet with slotted spoon; season with salt and pepper.
2. Place pizza crust on baking sheet. Top with beef mixture, then cheese. Bake in 400°F oven 8 to 10 minutes or until cheese is melted.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		13.9g	74.1mg		35g	30g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com