

Prep Time: 30 Minutes

Cook Time: 35-40 Minutes

Total Time: 1 Hour 10 Minutes

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Introduction

Who says comfort food can’t be healing? This Anti-Inflammatory Deep Dish Meat Lovers Pizza is designed to satisfy the heartiest of appetites while supporting your body’s health. Traditional deep-dish pizzas are often laden with refined carbs, processed meats, and inflammatory seed oils. We have flipped the script.

We utilize an almond flour and arrowroot crust—rich in Vitamin E and easy on the gut—and top it with an antioxidant-rich tomato sauce, nitrate-free meats, and a generous layer of anti-

inflammatory herbs. The result is a cheesy, saucy, and meaty masterpiece that won't leave you feeling sluggish. Using a cast-iron skillet is key here; it conducts heat beautifully, creating that signature crispy, golden-brown crust edge.

Ingredients

For the Crust (Gluten-Free & Grain-Free)

- 2 cups blanched almond flour
- ½ cup arrowroot starch (or tapioca flour)
- 1 tsp baking powder (aluminum-free)
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp sea salt
- 2 large eggs (room temperature)
- 2 tbsp extra virgin olive oil (plus extra for greasing the pan)
- 1 tbsp unsweetened almond milk (or water)

For the Sauce

- 1 cup crushed San Marzano tomatoes (no added sugar)
- 1 tbsp extra virgin olive oil
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp turmeric (for anti-inflammatory properties)
- Pinch of red pepper flakes (optional)
- Sea salt and black pepper to taste

For the Toppings (The “Meat Lovers” Component)

- ½ lb grass-fed ground beef (90/10 lean)
- ½ lb Italian sausage (nitrate-free, casing removed)
- 4 slices uncured bacon (sugar-free, cooked and chopped)

- 1 cup shredded mozzarella (preferably whole milk or buffalo milk for better Omega-3s)
- ¼ cup grated Parmesan cheese (freshly grated)
- ½ cup sliced pepperoni (nitrate-free, uncured)
- Fresh basil leaves for garnish

Instructions

Step 1: Preparation (Time: 10 Minutes | Intensity: Low)

Preheat your oven to 425°F (220°C). Place a 10-inch cast-iron skillet or a deep-dish pizza pan into the oven to preheat while you prepare the dough. This ensures a crisp bottom crust.

Step 2: The Dough (Time: 10 Minutes | Intensity: Medium)

In a large mixing bowl, whisk together the almond flour, arrowroot starch, baking powder, garlic powder, oregano, and salt. In a separate small bowl, beat the eggs with the olive oil and almond milk. Pour the wet ingredients into the dry ingredients and mix with a spatula until a sticky dough ball forms.

Step 3: Pressing the Crust (Time: 5 Minutes | Intensity: Medium)

Carefully remove the hot skillet from the oven. Drizzle a tablespoon of olive oil into the pan and swirl to coat the bottom and sides. Transfer the dough to the skillet. Place a piece of parchment paper over the dough and use your fingers or the bottom of a measuring cup to press the dough evenly across the bottom and up the sides of the skillet. The parchment

prevents the dough from sticking to your hands.

Step 4: Pre-Baking the Crust (Time: 10-12 Minutes | Intensity: Low)

Bake the empty crust for 10-12 minutes, or until it is lightly golden and set. This step is crucial for preventing the dreaded “soggy bottom” that gluten-free crusts can sometimes suffer from.

Step 5: Brown the Meat (Time: 7-8 Minutes | Intensity: Medium-High)

While the crust bakes, heat a non-stick skillet over medium-high heat. Add the ground beef and Italian sausage. Cook until browned and cooked through, breaking it up with a spoon. Drain any excess fat. Set aside. (Note: Ensure your bacon is already cooked and chopped).

Step 6: Building the Pizza (Time: 5 Minutes | Intensity: Low)

Remove the crust from the oven (keep the oven on). Spoon the crushed San Marzano tomatoes directly onto the crust. Spread evenly to the edges. Sprinkle the turmeric, dried basil, oregano, salt, and pepper over the sauce. Evenly distribute the cooked ground beef, sausage, and chopped bacon over the sauce. Top with the shredded mozzarella and grated Parmesan. Finally, arrange the pepperoni slices on top.

Step 7: The Final Bake (Time: 15 Minutes | Intensity: Low)

Return the skillet to the oven and bake for 12-15 minutes, or until the cheese is bubbling and the edges of the crust are a deep golden brown. If the cheese starts to brown too quickly, cover loosely with foil.

Step 8: Resting and Serving (Time: 5 Minutes | Intensity: Low)

Allow the pizza to rest in the skillet for 5-10 minutes. This allows the cheese to set and the

juices to redistribute. Run a spatula around the edge to loosen. Garnish with fresh basil leaves before slicing.

Nutrition & Health Benefits (Per Slice)

Disclaimer: Nutritional information is an estimate based on ingredients used and calculated for 8 slices.

- Calories: 420
- Total Fat: 32g (Primarily healthy monounsaturated and polyunsaturated fats from almonds and olive oil)
- Saturated Fat: 9g (From grass-fed meat and cheese)
- Sodium: 580mg (Controlled by using no-salt-added tomatoes and minimal added salt)
- Total Carbohydrates: 12g
- Dietary Fiber: 3g
- Sugars: 2g
- Protein: 22g