

Prep Time: 10 minutes | Cook Time: 20 minutes | Total Time: 30 minutes

Servings: 2 | Difficulty: Easy | Intensity: Low

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Introduction

If you're craving pizza but watching your carbs, this Low Carb Crustless Pizza Bowl is about to become your new best friend. All the flavors you love — melty mozzarella, savory pepperoni, rich marinara, and Italian herbs — come together in a bowl with zero crust and a fraction of

the carbohydrates. It's ready in 30 minutes, requires minimal cleanup, and is endlessly customizable. Whether you're on a keto diet, a low-carb lifestyle, or simply looking for a satisfying weeknight dinner, this recipe delivers big flavor without the guilt.

Ingredients

For the Base

- 1 lb (450 g) ground Italian sausage (mild or hot), or ground beef/turkey
- 1 cup (240 ml) low-carb marinara or pizza sauce (no added sugar)
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- Salt and black pepper, to taste

For the Toppings

- 1½ cups (170 g) shredded low-moisture mozzarella cheese
- ¼ cup (25 g) grated Parmesan cheese
- 24 slices pepperoni (or turkey pepperoni)
- ¼ cup sliced black olives
- ¼ cup sliced bell peppers
- ¼ cup sliced mushrooms
- ¼ cup diced red onion
- Fresh basil leaves, for garnish

Optional Add-Ins

- Crushed red pepper flakes
- Italian seasoning

- A drizzle of olive oil
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Equipment

- Large skillet (10–12 inch)
 - Wooden spoon or spatula
 - Baking dish or oven-safe skillet (if broiling)
 - Measuring cups and spoons
 - Colander (if needed)
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Instructions

Step 1: Preheat and Prep (Time: 3 minutes | Intensity: Low)

Preheat your oven broiler to high (500°F / 260°C). If you don't plan to broil, simply keep everything in the skillet. Gather and chop all your vegetables so they're ready to go.

Step 2: Brown the Meat (Time: 6-7 minutes | Intensity: Medium)

Heat a large skillet over medium-high heat. Add the ground Italian sausage and cook, breaking it apart with a wooden spoon, until browned and no longer pink — about 6 to 7 minutes. If there's excess grease, carefully drain it off, leaving about 1 tablespoon in the pan for flavor.

Step 3: Build the Sauce Layer (Time: 3 minutes | Intensity: Low)

Reduce heat to medium. Stir in the marinara sauce, oregano, basil, garlic powder, onion powder, salt, and pepper. Simmer for 2 to 3 minutes until the sauce thickens slightly and coats the meat evenly.

Step 4: Add the Cheese (Time: 2 minutes | Intensity: Low)

Sprinkle 1 cup of the shredded mozzarella and half the Parmesan over the meat mixture. Stir gently to combine, or leave it layered on top for a more “pizza-like” presentation. Let the cheese begin to melt — about 1 to 2 minutes.

Step 5: Add the Toppings (Time: 2 minutes | Intensity: Low)

Arrange the pepperoni, olives, bell peppers, mushrooms, and red onion over the top. Finish with the remaining mozzarella and Parmesan. If using an oven-safe skillet, transfer it to the oven. Otherwise, transfer the mixture to a small baking dish.

Step 6: Broil Until Bubbly (Time: 5-6 minutes | Intensity: Medium)

Place under the broiler for 5 to 6 minutes, watching closely, until the cheese is melted, golden, and bubbling at the edges. If you prefer not to broil, cover the skillet and cook on low for 5 minutes until the cheese fully melts.

Step 7: Garnish and Serve (Time: 1 minute | Intensity: Low)

Remove from heat and let rest for 1 to 2 minutes. Garnish with fresh basil, a pinch of crushed red pepper, and a light drizzle of olive oil if desired. Serve hot in bowls with a spoon.

Timing Summary

Phase	Time	Intensity
Prep & Preheat	3 min	Low
Brown Meat	6-7 min	Medium
Build Sauce	3 min	Low
Add Cheese	2 min	Low
Add Toppings	2 min	Low
Broil	5-6 min	Medium
Garnish & Serve	1 min	Low
Total	~22-25 min active / 30 min total	Low-Medium

Tips for Success

- Drain the fat: Excess grease makes the bowl oily and dilutes the sauce. Drain well but keep a little for flavor.
- Watch the broiler: Cheese goes from golden to burnt in seconds. Stay near the oven.
- Use low-carb sauce: Check labels — some marinara sauces sneak in 10+ grams of sugar per serving.

- Don't overcook veggies: They'll soften under the broiler, so slice them thin.
 - Make it ahead: Brown the meat and sauce, refrigerate up to 3 days, then add cheese and broil when ready.
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Variations

- Meat Lovers: Add cooked bacon, ham, or sliced meatballs.
 - Veggie Supreme: Swap in zucchini, spinach, or artichoke hearts.
 - Spicy: Use hot Italian sausage and add jalapeños.
 - White Pizza Style: Skip marinara; use olive oil, garlic, ricotta, and mozzarella.
 - Turkey Version: Use ground turkey and turkey pepperoni for a leaner bowl.
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Nutrition Information (Per Serving)

Based on 2 servings using ground Italian sausage, low-carb marinara, and full-fat cheeses. Values are estimates and will vary by brand.

	Nutrient	Amount
Calories		610 kcal
Total Fat		44 g
Saturated Fat		18 g
Cholesterol		130 mg
Sodium		1,480 mg
Total Carbohydrates		11 g
Dietary Fiber		2 g
Net Carbs		9 g
Sugars		5 g
Protein		38 g