



## **SPUR RECIPE - May**

### **Upside Down Pizza Bake with Cabbage & Carrot Salad**

Serving Size Note: This recipe makes 6 to 8 servings, is hearty and is a great make ahead meal.

**INGREDIENTS:** (for one 13 x 9 casserole dish)

- 1 tbsp olive oil
- 1.5 lbs of ground beef (you could also do a combo of both)
- 1 large onion, chopped
- 1 green pepper, chopped
- 4 to 6 oz mushrooms, sliced
- 1 tsp dried oregano
- 24 oz pasta sauce, tomato
- 3 tbsp flour
- 8 oz shredded mozzarella
- About 12 oz pizza dough, thawed (often in refrigerator cases near deli depts)

#### **INSTRUCTIONS:**

Heat oil in large skillet. Add meat & cook 5 to 8 minutes until browned. Add onion, pepper, mushrooms & oregano. Cook for 8 to 10 mins until soft. Add pasta sauce & flour to skillet & let simmer for 5 mins until just slightly thickened. Transfer mix to 13 x 9 baking dish. Top w/ cheese, cover with foil.

\*Drop off to SPUR or bring to Lifebridge covered and with the unopened container of pizza crust, we will spread on and bake just before service.

#### **SIDE:**

Cabbage & Carrot Salad:

- 1 head of purple cabbage, chopped thinly
- 2 cups of shredded or chopped carrots (you can buy the pre-shredded to save time!)
- Mix cabbage and carrot salad in large bowl. Add rice vinegar and sesame oil to bowl and toss to coat.
- Season with sea salt and black pepper.
- 2 tbsp of sesame oil
- 2 tbsp of rice vinegar Sea salt and freshly ground black pepper