



Meatza Pizza



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1/4th of pizza: 232 calories, 9g total fat (4.5g sat fat), 751mg sodium, 5.5g carbs, 1g fiber, 2.5g sugars, 31g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 10 minutes **Cook:** 20 minutes

More: [Lunch & Dinner Recipes, 30 Minutes or Less, Four or More Servings](#)

Ingredients

Crust

- 1 lb. raw extra-lean ground beef (4% fat or less)
- 2 tbsp. (about 1 large) egg white
- 2 tbsp. grated Parmesan cheese
- 1 tsp. Italian seasoning
- 3/4 tsp. salt
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/4 tsp. black pepper

Topping

- 1/3 cup chopped mushrooms
- 1/4 cup chopped onion
- 1/4 cup chopped bell pepper
- 1/2 cup canned crushed tomatoes
- 1/2 tsp. Italian seasoning
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 cup shredded part-skim mozzarella cheese
- Optional: chopped basil

Directions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Thoroughly mix crust ingredients in a large bowl. Shape into a circle on the parchment-lined baking sheet, about 1/4-inch thick and 10 inches in diameter.

Bake until cooked through, about 15 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add mushrooms, onion, and bell pepper. Cook and stir until mostly softened and lightly browned, about 4 minutes.

In a medium bowl, combine crushed tomatoes, Italian seasoning, onion powder, and garlic powder. Mix well.

Remove crust from oven, but leave oven on. Carefully drain excess liquid from the baking sheet, and thoroughly blot crust dry.

Spread seasoned tomatoes over crust, leaving a 1/2-inch border. Top with cheese and cooked veggies.

Bake until cheese has melted, about 5 minutes.

MAKES 4 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.

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