



EAT MORE BURN MORE

PIZZA CASSEROLE



Active time: 10 minutes

Cook time: 30 minutes

Yield: 6 servings

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INGREDIENTS:

6 oz whole-grain rotini dry pasta
½ lb lean ground beef
¼ lb lean ground chicken or turkey
1 tsp extra virgin olive oil
2 garlic cloves, minced
1 small onion, diced
1 bunch of black/ lacinato kale or
other leafy greens, stems removed, and
roughly chopped
2 red bell peppers, diced
8 ozs frozen peas
1 tsp oregano
1 (23.25 oz) jar tomato sauce
1 cup shredded reduced-fat mozzarella
cheese

PREPARATION:

1. In a large Dutch oven under high heat, bring salted water to boil. Cook the pasta al dente according to the package directions, MINUS 2 MINUTES. Drain, rinse, and set aside.
2. In the same Dutch oven, over medium-high heat, cook the ground beef and ground chicken in olive oil, until no longer pink, 7-8 minutes. Use a wooden spoon to break up the beef as it cooks.
3. Add the garlic, onion, bell peppers, peas, kale, and oregano, and cook until the vegetables are softened, 4-6 minutes.
4. Preheat the oven to 350 F°.
5. Pour the tomato sauce into Dutch oven. Stir the cooked pasta into the sauce, making sure to evenly coat.
6. Top with the mozzarella. Place the Dutch oven into the oven and bake uncovered until the cheese has melted, 20-25 minutes.