

# **Quick & Easy Reduced Sodium and/or Gluten Free Pizza**

**1 small Mama Mary pizza crust** and/or **1 small Udi's Gluten Free pizza crust**

**Pizza sauce** (recipe below)

**¾ - 1 lb. lean ground beef**, sautéed & rinsed of any excess fat

**1 medium Vidalia onion**, sliced thin

**1 – 1 ½ cups of mozzarella cheese** (Shop for the brand with the least sodium. You can also substitute lower-sodium Parmesan cheese for part of the mozzarella.)

*Optional: Sautéed sliced raw veggies, such as mushrooms, green peppers, garlic, etc.*

*Optional: Fresh ripe tomato, sliced thin*

For pizza sauce:

Combine **½ cup of Ragu “Homemade Style” pizza sauce** with **1 small can of no-sodium-added tomato sauce**. This should make enough for two pizzas.

To prepare pizza:

Spread sauce on crust using desired amount. Sprinkle on cooked lean beef, sliced onion, and any additional vegetables. Top with the sliced fresh tomatoes. Cover lightly with cheese.

Bake pizza directly on oven rack at 350 degrees until cheese is lightly browned, about 20 minutes. Serve hot.