

Crock Pot Pizza

Ingredients:

- 1 lb ground beef. Brown in skillet with 1T Sea Salt. Keep drippings.
- 2 cups dry brown rice. Cook according to package instructions

- 2 cans pizza sauce
- 1 jar spaghetti sauce
- 1 medium yellow onion chopped
- 1 medium green pepper chopped
- 1 can sliced mushrooms
- 1 can sliced black olives
- 1 package of shredded mozzarella cheese

Instructions:

Layer ingredients in large crock pot as follows: ground beef, rice, vegetables, sauces, cheese. Set crock pot to “warm” as you do not want to overcook the already cooked ingredients. Let simmer for up to 4 hours. Enjoy!