

Eggplant Pizzas

INGREDIENTS:

CRUST

- 1 large eggplant
- 1 tsp. sea salt

SAUCE

- 1 6 oz. can tomato paste
- 1 ¼ cups water
- 1 tsp. garlic powder
- 1 tsp. dried basil
- ½ tsp. dried oregano
- ½ tsp. dried thyme
- ½ tsp. dried rosemary
- ¼ tsp. sea salt

TOPPINGS

- ½ lb. Italian sausage
- Avocado oil in an oil mister (or coconut oil)
- 1 5 oz. pkg. pepperoni
- ½ green bell pepper, diced
- ¼ red onion, diced
- 1 6 oz. can sliced black olives, drained
- 4 basil leaves, chopped
- Crushed red pepper to taste

PROCESS:

- Slice the eggplant into ½-inch rounds. Place the eggplant on a paper towel, and sprinkle it with the sea salt. Let it stand for 30 minutes, and pat it dry.
- In a small bowl, prepare the sauce. Combine the tomato paste, water, garlic powder, basil, oregano, thyme, rosemary, and sea salt.
- In a frying pan, brown and crumble the Italian sausage over medium-high heat.
- Preheat the oven to 375° F. Spray the baking sheet with avocado oil, and place the eggplant rounds on the sheet. Top each round with sauce, cooked sausage, pepperoni, bell pepper, onions, and olives. Bake for 25 minutes or until the eggplant is tender but not soggy.
- Remove the pizzas from the oven, and top them with the chopped basil and crushed red pepper.

Note: Muir Glen Pizza sauce is very good if you didn't want to make the above sauce
From: Paleo Happy Hour

