Table of Contents

- Description
- Can This Hamburger Sausage & Pepperoni Pie Support Weight Loss Goals?
- Does Hamburger Sausage & Pepperoni Pie Fit a High-Protein Lifestyle?
- Personal Experience
- Perfect For
- Why You’ll Love This Recipe
- Common Mistakes to Avoid
- Required Equipment
- Storage Instructions
- Recipe Details
- Short Description
- □ Ingredients
- Directions
- Nutrition Facts (Per Serving – Approximate)
- Notes

Description

Warm, savory, and irresistibly comforting, this Hamburger Sausage & Pepperoni Pie delivers all the bold flavors of your favorite pizzeria straight to your dinner table without the extra carbs. Featuring a hearty, seasoned crust made from savory meats and layered with gooey cheese and classic toppings, every bite offers a satisfyingly rich texture. Whether you are following a low-carb lifestyle or simply craving a protein-packed comfort meal, this delicious pie is sure to become a weeknight favorite.

Can This Hamburger Sausage & Pepperoni Pie Support Weight Loss Goals?

Yes, this dish can support weight loss goals when incorporated into a balanced nutritional routine. Because it is exceptionally rich in protein and low in carbohydrates, it helps promote satiety and keeps you feeling full for longer, which naturally curbs mindless snacking. By replacing traditional high-carb crusts with a nutrient-dense meat base, you can enjoy all the classic pizza flavors while keeping your caloric intake aligned with your wellness goals.

Does Hamburger Sausage & Pepperoni Pie Fit a High-Protein Lifestyle?

This recipe is tailor-made for a high-protein lifestyle, packed with quality meats and nourishing cheeses that fuel your body. With exceptionally low net carbs per serving, it satisfies cravings without causing blood sugar spikes. The combination of seasoned ground beef, savory sausage, and pepperoni ensures a massive protein boost in every single slice.

Personal Experience

- The Crust Revolution: Using seasoned ground beef as the pie crust completely transformed how I enjoy pizza night without missing the traditional dough.
- Cheese Pull Perfection: Layering mozzarella and parmesan created an irresistibly gooey, golden top that holds the entire savory filling together seamlessly.
- Meal Prep Triumph: Baking this pie on a busy Sunday provided quick, satisfying, high-protein lunches throughout the entire work week.

Perfect For

- Keto Diet Plans: Fits effortlessly into strict ketogenic meal planning due to its high fat-to-carb ratio.
- High-Protein Dinners: Serves as a filling, muscle-supporting evening meal after an intense workout.
- Low-Carb Gatherings: Acts as a crowd-pleasing party appetizer or game-day dish that everyone can enjoy.

Why You’ll Love This Recipe

- Zero Dough Fuss: Eliminates the messy, time-consuming process of kneading and rising traditional pizza dough entirely.
- Bold Pizzeria Flavor: Combines three savory meats for an explosion of classic Italian-

American flavor in every bite.

- Satiating and Filling: Keeps hunger at bay for hours thanks to its dense, protein-packed nutritional profile.

Common Mistakes to Avoid

1. Skipping the Meat Drainage: Failing to drain excess grease from the cooked hamburger and sausage can result in a soggy, overly oily pie.
2. Overbaking the Cheese: Leaving the pie uncovered for too long can burn the mozzarella before the internal layers are fully heated through.
3. Slicing Too Early: Cutting into the pie straight out of the oven causes the layers to fall apart; letting it rest helps it set properly.
4. Using Low-Moisture Cheese Incorrectly: Choosing pre-shredded cheese with anti-caking agents can prevent a smooth, creamy melt across the top.

Required Equipment

- 9-inch Pie Dish — ensures the pie holds its shape and bakes evenly throughout.
- Large Skillet — allows ample space to brown the ground beef and sausage thoroughly without overcrowding.
- Colander — safely separates and drains excess cooking fats from the meats.
- Spatula — helps press the meat crust evenly into the bottom and sides of the dish.

Storage Instructions

Store leftover pie in an airtight glass container in the refrigerator for up to 4 days, ensuring the high-protein ingredients remain fresh and safe to eat. For longer storage, slice the cooled

pie and freeze individual portions in freezer-safe containers for up to 2 months. Reheat thoroughly in the oven or toaster oven to restore the crispy cheese topping.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 35 minutes
- Total Time: 50 minutes
- Servings: 6 servings
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): Approximately 420 kcal (Estimate)

Short Description

A savory, meat-lovers dream pie featuring a seasoned beef crust, Italian sausage, and crispy pepperoni smothered in melted cheese.

 Ingredients

- Ground Beef (85/15): 1.5 lbs *(Note: Can substitute ground turkey for a leaner option, though beef provides a richer flavor.)*
- Italian Sausage: 1/2 lb *(Casings removed; mild or spicy depending on your preference.)*
- Pepperoni Slices: 3 oz *(Classic round slices; pepperoni cups work great for crispy edges.)*
- Marinara Sauce (No Sugar Added): 1/2 cup *(Ensure it is low-sugar to keep net carbs minimal.)*
- Shredded Mozzarella Cheese: 2 cups *(Freshly shredded melts much better than pre-*

bagged varieties.)

- Grated Parmesan Cheese: 1/4 cup *(Adds a sharp, savory depth to the cheese blend.)*
- Large Egg: 1 large *(Acts as a binder to help hold the meat crust together.)*
- Italian Seasoning: 1 tsp
- Garlic Powder: 1/2 tsp
- Onion Powder: 1/2 tsp
- Salt: 1/2 tsp *(Adjust to taste based on the saltiness of the meats.)*
- Black Pepper: 1/4 tsp

Directions

1. Preheat and Prep: Preheat your oven to 375°F (190°C) and lightly grease a 9-inch pie dish with cooking spray or olive oil.
2. Brown the Meats: Heat a large skillet over medium-high heat. Add the ground beef and Italian sausage, cooking for 8–10 minutes until fully browned, breaking them apart with a wooden spoon.
3. Drain Excess Fat: Transfer the cooked meat mixture to a colander to drain excess grease completely, then let it cool slightly.
4. Form the Crust: In a large bowl, combine the drained meat mixture, egg, Italian seasoning, garlic powder, onion powder, salt, and black pepper. Press the mixture firmly into the bottom and up the sides of the prepared pie dish to form a crust.
5. Layer the Fillings: Spread the low-sugar marinara sauce evenly across the bottom of the meat crust, then sprinkle 1.5 cups of mozzarella cheese and the parmesan cheese over the sauce.

6. Top with Pepperoni: Arrange the pepperoni slices neatly over the cheese layer, covering the surface, and sprinkle the remaining 1/2 cup of mozzarella on top.

7. Bake to Perfection: Place in the oven and bake at 375°F for 20–25 minutes until the cheese is bubbling, golden brown, and the edges are sizzling.

8. Rest and Serve: Remove from the oven and allow the pie to rest for 10 minutes to set before slicing and serving warm.

Nutrition Facts (Per Serving – Approximate)

- Calories: 420 kcal
- Fats: 32 g
- Cholesterol: 115 mg
- Sodium: 850 mg
- Potassium: 380 mg
- Total Carbohydrates: 4 g
- Fiber: 1 g
- Net Carbs: 3 g
- Sugars: 2 g
- Protein: 30 g
- Calcium: 250 mg

Notes

- Storage Tips: Keep leftovers tightly sealed in the refrigerator for up to 4 days.
- Reheating Instructions: Warm individual slices in a 350°F oven for 10 minutes or in the microwave for 60–90 seconds until heated through.
- Allergy Notes: Contains dairy and eggs; can be made dairy-free by substituting plant-based cheese alternatives.
- Flavor Boosts: Add a pinch of red pepper flakes or a drizzle of hot honey on top for an extra kick of flavor.