



## MEXICAN PIZZA

See, I'm not ALL about health food.

This is my version of a Mexican Pizza. It was a tad bit more labor intensive than I like my Friday night dinners to be, but well worth it. I liked this option because while it DOES have cheese on it - it is minimal. We tend to minimize it if possible.

While there were multiple components to this, if you work well in your kitchen, you can knock this out in a short period of time. I had a bowl for my guacamole, bowl for my taco seasoning, my cutting board, a pot for my black beans, a sauté pan for my chicken, and then my pizza stone that was heating up in the oven during the process. Once my pizza was in the oven, I quickly cleaned everything up so only my pizza stone remained.

### **For the beans:**

1 15 oz. can of black beans - organic - with liquid  
1 TBS. olive oil  
1/3 cup finely diced onion  
1 tsp. chopped garlic  
1/4 tsp. of cayenne pepper

In a small saucepan, sauté your onions until soft, add in the garlic, stirring quickly, then add in the beans, liquid and all. Bring to a boil, reduce heat, then simmer. Add in the cayenne pepper and mash with a cooking utensil in the pot. Back of a spoon works well.

**For the Taco Seasoning Mix:**

1 TBS. Chili Powder  
1/4 tsp. crushed red pepper flakes  
1/4 tsp. dried oregano  
1/2 tsp. smoked paprika - regular will work fine  
1 1/2 tsp. cumin  
1 tsp. salt  
1 tsp. pepper

Combine the above.

**For your chicken:**

1/2 large onion sliced  
1 large boneless chicken breast - cut into really small cubes  
1 TBS. coconut oil  
1 tsp. chopped garlic  
Some of the Taco Seasoning Mix from above. Save the rest for another use.

To prepare, cook the onions in the coconut oil until soft, add in the chicken, and sauté. Add in the garlic and the spice mixture.

**For the guacamole:**

2 large ripe avocados  
1/4 cup onion, finely chopped  
1 Roma Tomato, finely chopped  
1 tsp. chopped garlic  
1 Jalapeno pepper, minced  
1 TBS. fresh Cilantro  
2- 3 TBS. fresh Lime Juice  
1 tsp. cumin  
Salt and Pepper

Combine all the ingredients and enjoy!

**Other items:**

1 Against The Grain Gluten Free Pizza Crust  
Chopped Tomatoes  
Mexican Cheese Blend  
Romaine lettuce, washed, chiffonade (sliced very thin)

**To assemble:**

Put a layer of beans first on the frozen pizza crust. Top with your chicken, and then bake according to directions. (I did mine for about 10 minutes at 450°.)

When the pizza comes out, SLICE IT FIRST.

Add Cheese, Lettuce, Guacamole, and Chopped Tomatoes

While it is technically "junk food" by making all of the components you can make sure that you're not getting any unnecessary additives or chemicals. You're able to control the fat. And while I know sour cream is a biggie in Mexican restaurants - I swear this was perfect without it.

And...with a little luck, you'll have some guacamole left over for later! ♥