



Thick Crust Sicilian Style Paleo Pizza

PALEO, GLUTEN-FREE, DAIRY-FREE
INCLUDES SUBSTITUTION RECOMMENDATIONS

I grew up in a Sicilian household with lots of homemade breads, pasta and pizza. Over the years I had allergic reactions to the homestyle cooking I was used to.

With a lot of practice, I converted my mom's homemade recipes into grain-free versions that I can indulge in and my entire family loves!

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Recipes Inside:

- 1 Homemade Italian Sauce
- 2 Bison Meatballs
- 3 Pizza Dough
- 4 Pizza Toppings
- 5 Putting it All Together

- Prep time: 2 hours
- Cook time: 3 hours
- Total time: 5 hours

- Servings: 8

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Homemade Italian Sauce

INGREDIENTS



Homemade Italian Sauce Ingredients:

- 3 - 29 oz cans of crushed San Marzano tomatoes, in puree
- 6 cloves of garlic

Add to taste – approx. 1 tablespoon each:

- Sea salt
- Oregano
- Onion powder
- Crushed red pepper
- Black pepper
- 3 Bay leaves
- Parsley
- Oregano
- Basil
- Sugar – 1.5 tablespoons per can

Instructions:

In a large 8 quart pot:

1. Pour olive oil into the pot and sauté garlic briefly.
2. Pour in cans of crushed tomatoes.
3. Add 1 cup of water for meat sauce; ½ cup of water for marinara.
4. Bring to a boil, then simmer for 1 hour.

Secret ingredient: Add 3-4 filets of Italian brown anchovies when you sauté the garlic, even fish haters won't notice (aka, my kids), but it gives it a different and delicious flavor.

FOR MEAT SAUCE- Bison Meatballs recipe in next Chapter

6. Add meatballs after sauce has been simmering for 1 hour, then simmer for another ½ hour.

Bison Meatballs

INGREDIENTS

Bison Meatballs Ingredients:

- 1.5 lbs. organic bison meat (or organic beef)
- 4 eggs (substitute: pure olive oil, amount is a guess based on texture, which should be pasty)

Add seasoning – 1 - 2 tablespoons each:

- Italian seasoning
- Garlic powder
- Onion powder
- Salt
- Black pepper
- 1/5 cup almond flour
- 1/5 cup of coconut flour (substitute: reduce almond flour to 1 cup, add 1 cup Italian style gluten free bread crumbs)

Bonus (only if you are drinking) – add red wine, as much as you'd like.



Instructions:

1. Place all ingredients into a large bowl and mix well until texture is pasty.
2. Roll into tight golf ball sized meatballs – makes about 30 meatballs.
3. In a large sauté or fryer pan, fill bottom with approx. ½” olive oil on medium heat.
4. When oil is hot, add meatballs and cook about 5 or 6 minutes – then turn over gently with tongs.
5. Cook another 5 or 6 minutes until slightly pink inside.
6. Sear ends by standing on edges for a brief time.
7. Add to sauce, simmer for 20 minutes.

Pizza Dough

INGREDIENTS

Pizza Dough Ingredients:

In a large bowl add:

- 4 eggs
- ½ tablespoon sea salt
- 1 teaspoon garlic powder
- 1.5 tablespoons of ghee
- 1/4 cup olive oil

Mix well with a blender

- Add ½ cup warm water
- 1.5 tablespoons double acting baking powder

Mix well with other ingredients in blender and set aside

In a separate bowl, add flours:

- 4.5 cups almond flour
- 3.5 cups tapioca flour
- ½ cup coconut flour

Mix well; set aside



Instructions:

In a large stand mixer or by hand

1. Start with wet mixture, then slowly add flour mixture until all flour has been added
2. Continue to mix well until it starts to form a dough. You can slowly add more water or flour until the texture is right.
3. Since this is not a gluten dough, it may not form well in the mixer without help. You may need to take it out and mix it in the bowl by hand until it forms, then put it back on the mixer.
4. Once the texture is doughy, take it out of the mixer and kneed it well by hand on a wooden cutting board. You can break it into two or three separate balls to kneed and store. The dough must be well mixed and not a grainy texture. It should feel like playdough and pull apart well.
5. Once it's done, wrap it loosely in plastic wrap and set aside for 15-20 minutes or so while you prepare the toppings. Since it won't rise it doesn't matter how long it sits but wrapping it will keep it moist.

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Pizza Toppings

INGREDIENTS



Pizza Toppings Ingredients:

- 3 Mild Italian sausages - cooked
- 4-5 cups baby spinach - cooked
- Mushrooms
- Two Roma Tomatoes
- 3 cloves of fresh garlic



Instructions:

Sausage

1. In a grill pan (or sauté pan), add a small amount of olive oil and some water.
2. Add sausages and cook both sides until done.
3. Cut sausages down the middle and lay flat to cook both sides until done.
4. Slice and put to the side.

Spinach

1. Wash spinach and while still wet add to a sauté pan.
2. Add salt/black pepper to season.
3. Drizzle olive oil on top.
4. Sauté until spinach is soft, but not completely cooked.

Slice tomatoes, mushrooms and garlic

Pizza Topping Variations

INGREDIENTS



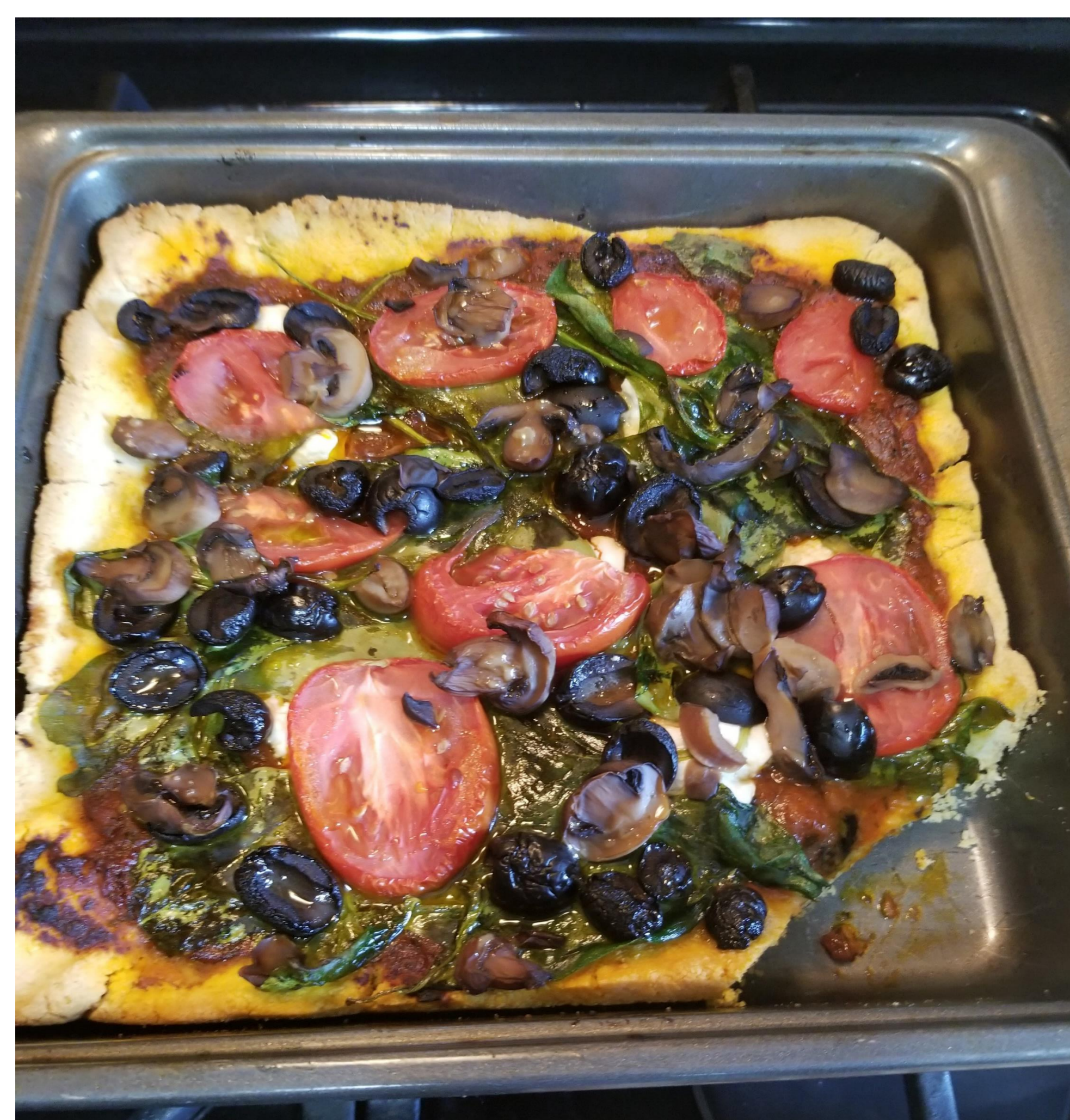
Pizza Toppings Variations for the rest of the family:

- Dairy-free, goat cheese or regular mozzarella cheese
- Butternut squash instead of cheese
- Pepperoni
- Bison meatballs
- Artichokes
- Black olives

Instructions:

- Make half of the pizza for your family that won't eat it without cheese (use two pans or share one but note that cheese might melt onto your half).
- Add mozzarella cheese right after sauce, before toppings.
- Add meatballs to the pizza instead of sausage or add both!
- Add butternut squash.
- Get creative with other toppings.

Putting it All Together



Instructions:

1. In a large baking pan with sides – 12 x 16, grease slightly with olive oil
2. Press pizza dough into pan until it's spread across entire pan. Use your palms and fingertips to get it even so it will cook well.
3. Add marinara or meat sauce to top the pizza dough and spread evenly, cover well.
4. Separate spinach leaves and spread across top of sauce.
5. Sprinkle on garlic cloves.
6. Slice sausage into small pieces and spread across pizza.
7. Add all your toppings.
8. Drizzle olive oil on top of pizza and corners of pan.
9. Bake at 400 degrees for 40-50 minutes. (or 425, depending on your oven temperature)
10. Cut off a corner to check if dough is fully cooked. If not, put it back in the oven until middle of dough is cooked and bottom is crispy.

Mangia!



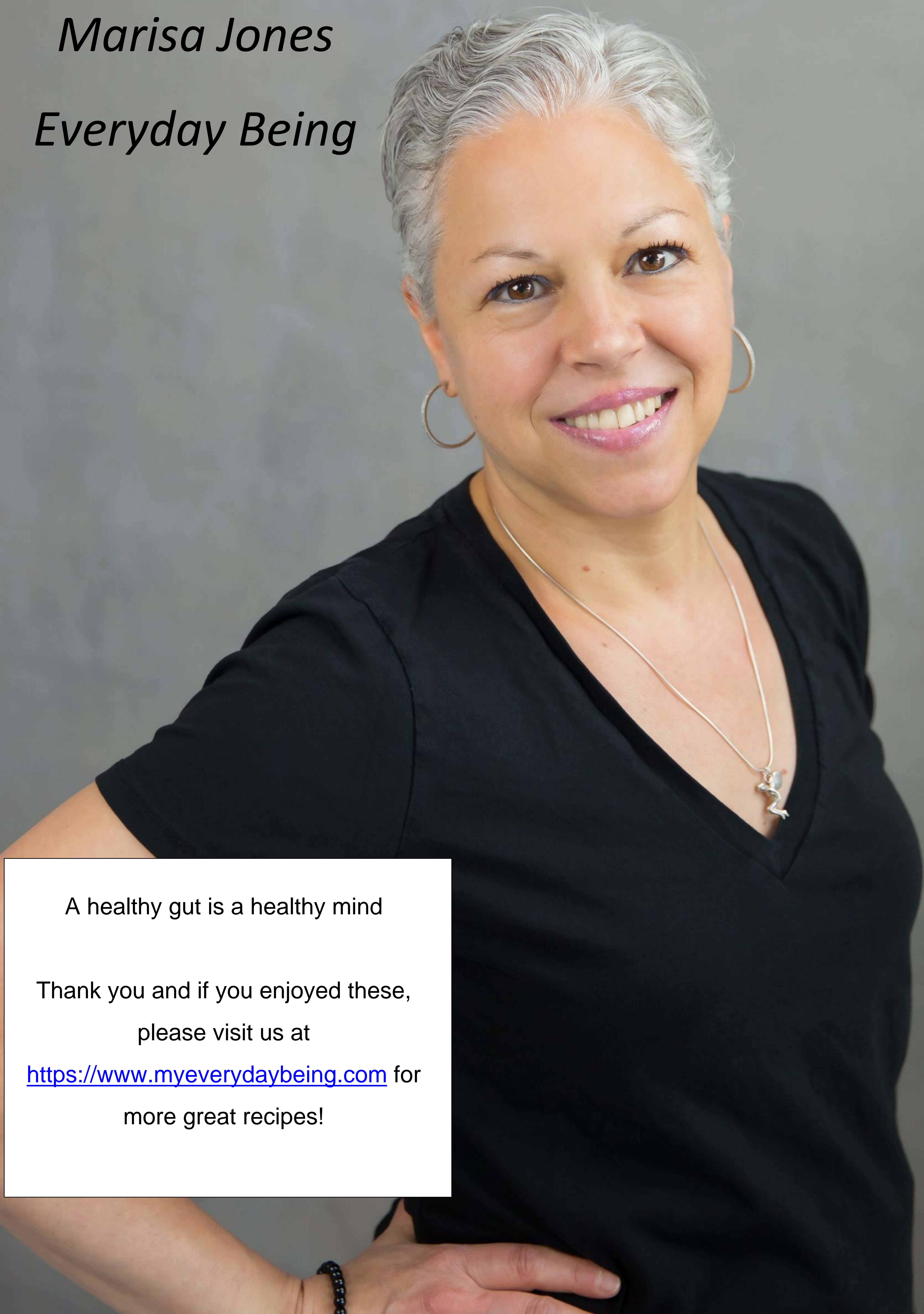
Storing your Leftovers



Instructions:

- When storing your leftover pizza, cut and wrap each slice in plastic wrap, then place into a storage container in the refrigerator.
- This will keep the pizza from getting stuck together, and the red sauce won't stain your container.
- To reheat: Wrap in a paper towel to keep from getting soggy and place in the microwave.

Marisa Jones
Everyday Being



A healthy gut is a healthy mind

Thank you and if you enjoyed these,
please visit us at

<https://www.myeverydaybeing.com> for
more great recipes!