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For people that are gluten-intolerant, low-carb, paleo, or whatever, it can be hard to go without pizza. This dish makes it a lot easier. It is made pretty much exactly the same as pizza, but with ground beef as the crust.

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details 33 ratings 2 reviews This is the third book in the 'Cooking Without' collection written by nutritional therapist Barbara Cousins. This series of cook books has been an enormous success.

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