

## Pizza Popover

This recipe can be adapted by using different fillings, pouring the batter over the top. The filling can change from a tomato sauce base to simple gravy. Have fun and find what your family will like.

Bake at 400 degrees for 30 minutes. Serves 8-10

### Filling-

Caramelize onion large chopped onion, and 1 # sliced mushrooms in canola oil. You can add peppers and zucchini too.

Add ½ cup water and 1 bag of frozen ground meat substitute or soy sausage. Blend in 1 small (15 oz.) jar of Spaghetti sauce of your choice or make your own with 1 15 oz. can of tomato sauce blended with Italian herbs.

Pour into 9x13 baking dish. Cover with 8oz. shredded low fat mozzarella cheese.

### Topping Batter-

Whisk together 4 eggs, 2 cup milk, 2 T. canola oil, 2 cup flour, 1 tsp. salt until foamy.

Pour batter over the hot Filling and cover completely. Sprinkle with 1 cup fresh grated parmesan cheese.

Bake 30 minutes until puffy and brown. Serve hot.