



Pizza Boat

2 lb 90% lean ground beef
1 cup chopped onion
16 oz can tomato sauce
1 t dried oregano
1 t dried basil
¼ cups chopped black olives
1 cup goats mozzarella cheese shredded (Optional)
8 Gluten Free rolls . (If you want to make your own rolls the Gluten Free Olive Oil Bread from [Healthy Bread in Five Minutes a Day: 100 New Recipes Featuring Whole Grains, Fruits, Vegetables, and Gluten-Free Ingredients](http://www.lincolntent.com/GFCF-Bread.html) these work well)

Brown beef and onion in a skillet. Drain off fat. Stir in tomato sauce and spices and simmer for 20 min. Cut off a slice hollow out the roll (save for gf bread crumbs) Fill with meat filling and top with cheese if desired. Then place bread slice back on top. If preparing to use later wrap in tinfoil and put several in a gallon freezer bag and freeze. If making now put in a cake pan and cover with foil. Bake at 375 for 20 to 25 min or until cheese is melted (If rolls are frozen bake for 35 to 40 min)

I usually make a double batch and freeze half. You can make and refrigerate early in the day just add 10 min to the cooking time

<http://www.lincolntent.com/GFCF-Beef.html>