

# Beans, Rice And Everything Nice

## Pizza with Quinoa-Lentil Crust



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Pizza Sauce

1-156 ml (5.5 ounce) can of tomato paste  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1/2 teaspoon cracked fennel seed (optional)  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/8-1/4 teaspoon cayenne pepper  
1-2 Tablespoons water

### Toppings

1 packed cup spinach, chopped  
4 mushrooms chopped  
1 Tablespoon sliced black olives  
1/2 cup shredded sweet potato.

1. While the crust is baking, prepare your pizza sauce and toppings.

**For the sauce:** Mix together the sauce ingredients adding 1-2 Tablespoons water to form desired consistency.

**For the toppings:** Chop the spinach, slice the mushrooms, shred the sweet potato, measure out the black olives. Set aside.

2. When the crust is ready, evenly spread the crust with sauce and then top with layers of spinach, mushrooms, black olives, and, finally, shredded sweet potato. Return the pizza to the oven and bake 15-20 minutes longer, until the vegetables are cooked.

