

Eggplant Moussaka

Ingredients

1 1/2 lb Ground Beef	1 T Olive Oil
1 1/2 lb Eggplant (cubed) diced)	1 lb Russet Potatoes (peeled and
6 clv Garlic (minced)	1 c Onion (diced)
1/4 t Ground Cinnamon	1 t Dried Oregano
14 oz Crushed Tomatoes	1/2 c Red Wine
1/2 t Ground Black Pepper	2 t Salt
1/4 c Flour	4 T Butter
1/4 t Ground Nutmeg	2 c Milk
1/2 c Parmesan (plus 2 tablespoons)	2 Eggs
1/4 c Parsley (chopped)	2 T Feta Cheese

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Instructions

- 1.Coat 4 quart casserole dish with nonstick spray. Cook beef in oil in a large nonstick skillet over medium-high heat until brown, about 5 minutes, breaking up chunks. Drain fat from meat; return meat to skillet.
- 2.Add eggplant, potatoes, onion, garlic, oregano, and cinnamon; cook stirring frequently for 15 minutes. Stir in wine, continue cooking until liquid evaporates, about 2 minutes.
- 3.Stir in tomatoes and season with 2 teaspoons salt and 1/2 teaspoon pepper. Simmer to reduce juices for 5 minutes then turn off the heat and transfer to the prepared casserole dish. Preheat oven to 350 degrees.
- 4.Melt butter for the bechamel in a saucepan over medium heat. Whisk in flour; cook 1 minute. Add milk then bring to a boil whisking constantly. Once boiling whisk until thickened.
- 5.Remove pan from heat and add 1/2 cup Parmesan and nutmeg. Add eggs in a bowl and whisk well. Add some of the hot milk mixture to the eggs while whisking constantly to combine. Whisk egg mixture back into milk mixture in the pan. Whisk well until fully combined.

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6. Transfer the sauce on top of the meat mixture. Sprinkle moussaka with 2 tablespoons Parmesan and feta cheeses; bake until top is golden, 45-55 minutes.

7. Remove moussaka from oven; allow it to cool on a rack for 20 minutes. Top with parsley and serve immediately.