

Eggplant Moussaka

Ingredients

1 1/2 lb Ground Beef	1 T Olive Oil
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
0 ds Ground Black Pepper	0 ds 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
	2 T Feta Cheese

Eggplant Moussaka

Instructions

- 1.Preheat oven to 350 degrees. Coat 2 quart casserole dish with nonstick spray.
- 2.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. Add eggplant, potatoes, onion, garlic, oregano, and cinnamon; simmer 15 minutes. Stir in wine; cook, uncovered, until liquid evaporates, 1-2 minutes. Stir in tomatoes; simmer to reduce juices. Season with salt and pepper.
- 3.Melt butter for the bechamel in a saucepan over medium heat. Whisk in flour; cook 1 minute. Add milk, bring to a boil, and whisk until thickened. Remove pan from heat; add 1/2 cup Parmesan and nutmeg.
- 4.Whisk eggs in a bowl and add some of the hot milk mixture to the eggs; whisk to combine. Whisk egg mixture into milk mixture in pan.
- 5.To assemble, layer meat mixture in bottom of the prepared dish; top with bechamel. Sprinkle moussaka with 2 tablespoons Parmesan and feta cheeses; bake until top is golden, 45-55 minutes. Remove moussaka from oven; allow it to cool on a rack for 20 minutes before serving.