

Baked Eggplant Casserole

Sandy Sawyer

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*1 1/2 pounds ground beef,
browned and drained
1 cup onion, chopped
garlic (to taste)
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon marjoram
1/2 cup green pepper,
chopped
15 ounces tomato sauce
1 teaspoon oregano
1/2 teaspoon basil
1 1/2 pounds eggplant
1/2 cup sour cream
3 slices tomato
1 cup cottage cheese
6 ounces mozzarella
cheese, sliced*

In a saucepan, combine the ground beef, onion, garlic, salt, pepper, marjoram, green pepper, tomato sauce, oregano and basil. Bring to a boil. Reduce heat. Simmer.

Peel the eggplant. Cut in 1/4-inch slices. In a pot, Cook in boiling water for 3 minutes. Drain.

Preheat the oven to 350 degrees.

Arrange 1/2 of the eggplant in a single layer in a baking dish.

In a bowl, combine the cottage cheese and sour cream.

Spoon one-half of the meat sauce over the eggplant. Spoon the cream sauce over the meat sauce. Place the remaining eggplant in a single layer on top. Spoon the remaining sauce on top. Top with the mozzarella cheese and tomato slices.

Bake for 50 to 60 minutes.

Per Serving (excluding unknown items): 3539 Calories; 255g Fat (64.1% calories from fat); 202g Protein; 119g Carbohydrate; 29g Dietary Fiber; 801mg Cholesterol; 6909mg Sodium. Exchanges: 0 Grain(Starch); 26 Lean Meat; 18 Vegetable; 1/2 Non-Fat Milk; 37 1/2 Fat.