

Beef

Moussaka

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 8

2 medium (2 pounds) eggplants, peeled and cut into 1/2-inch slices
1 pound ground beef
1 cup onion, chopped
1/4 cup dry red wine
1/4 cup water
2 tablespoons snipped parsley
1 tablespoon tomato paste
1 teaspoon salt
dash pepper
3/4 cup soft bread crumbs
1/2 cup (2 oz) sharp American cheese, shredded
2 eggs, beaten
1/4 teaspoon ground cinnamon
3 tablespoons butter
3 tablespoons all-purpose flour
1/2 teaspoon salt
1/8 teaspoon ground nutmeg
dash pepper
1 1/2 cups milk
1 egg, beaten
cooking oil

Preheat oven to 350 degrees.

Sprinkle eggplant slices with a little salt; set aside.

In a skillet, cook meat and onion until meat is brown; drain off excess fat. Stir in wine, water, parsley, tomato paste, one teaspoon salt and pepper. Simmer until liquid is nearly evaporated, about 4 minutes. Cool slightly.

Stir half the bread crumbs, half the cheese, 2 eggs and cinnamon into the meat mixture; set aside.

In a saucepan, melt the butter; stir in flour, salt, nutmeg and pepper. Add milk all at once; cook and stir until thickened and bubbly. Stir half the hot sauce mixture into the beat en egg; return all to the saucepan. Cook and stir over low heat for 2 minutes. Set aside.

Brown the eggplant slices in a little hot oil. Sprinkle bottom of a 12x7 1/2x2-inch baking dish with remaining bread crumbs. Cover with half the eggplant.

Spoon meat mixture over eggplant layer. Arrange remaining eggplant on top; pour milk-egg sauce over all. Sprinkle with remaining 1/4 cup cheese. Bake, uncovered, until set, about 45 minutes.

Per Serving (excluding unknown items): 337 Calories; 23g Fat (62.5% calories from fat); 15g Protein; 16g Carbohydrate; 4g Dietary Fiber; 146mg Cholesterol; 579mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.