

Meatballs and Eggplant with Pasta

Thomas Wesley - Dayton's Fargo

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Yield: 8 to 10 servings

MEATBALLS

*1 pound ground beef
1/2 pound ground pork
2 eggs, beaten
3/4 cup crushed corn flakes
3/4 cup grated Romano cheese
2 tablespoons chopped fresh parsley
1 clove garlic, minced
dash pepper
dash cinnamon
dash cloves
dash nutmeg
2 tablespoons flour
2 tablespoons vegetable oil
1/2 cup chopped celery
1/2 cup sliced mushrooms
1/2 cup chopped carrot
1/2 cup chopped onion
1/4 cup chopped green bell pepper
2 cans (15 ounce ea) tomato sauce
1 cup water
1 tablespoon chopped fresh parsley
1/4 teaspoon basil
dash cinnamon
dash cloves
1/2 cup dry red wine
1 eggplant, sliced
2 tablespoons vegetable oil
8 ounces mostaccioli pasta, cooked and drained
6 ounces shredded cheddar cheese
6 ounces shredded mozzarella cheese*

In a large bowl, combine the ground beef, ground pork, eggs, corn flakes, Romano cheese, parsley, garlic, pepper, cinnamon, cloves and nutmeg. Mix well. Shape into thirty-two one-inch meatballs. Coat with flour.

In a large skillet, brown the meatballs in vegetable oil. Remove the meatballs from the skillet. Set aside.

In the skillet, in the meatball drippings, cook the celery, mushrooms, carrots, onion and green pepper until tender. Drain.

In the skillet, combine the tomato sauce, water, cooked vegetables, parsley, basil, cinnamon and cloves. Heat to boiling. Reduce the heat and simmer about 30 minutes. Stir in the wine. Simmer for 15 minutes longer.

In a separate skillet, cook the eggplant slices in hot oil for about 2 minutes on each side. Drain. Stir the pasta into the Romano mixture.

Place the meatballs in the bottom of a 13x9x2-inch baking dish. Pour the pasta mixture over the meatballs. Arrange the eggplant on top.

Bake for 25 to 30 minutes, uncovered. Sprinkle with the cheeses.

Bake about 5 minutes longer or until the cheese melts.

Per Serving (excluding unknown items): 4689 Calories; 356g Fat (69.2% calories from fat); 24g Protein; 109g Carbohydrate; Dietary Fiber; 1391mg Cholesterol; 6493mg Sodium. Exchanges: Grain(Starch); 33 Lean Meat; 1/2 Vegetable; 5 1/2 Fat.