

Recipe: EGGPLANT BEEF CASSEROLE

INGREDIENTS

2 lbs eggplant,
*unpeeled and cut into
½" slices*

3 Tbsp olive oil

1 yellow onion,
chopped

1 lb ground beef

1 lb tomatoes, *chopped*

1 tbsp parsley, *chopped*

¼ tsp black pepper

½ tsp salt

2 eggs, *beaten*

1 Tbsp almond milk

PREPARATION

Heat olive oil on high heat and add meat and onion. Cook until well browned and all liquid has reduced, about 10 minutes. Add tomato and bring to a boil. Reduce heat to low and simmer, covered for 20 minutes, stirring occasionally. Remove lid, add parsley, salt and pepper. Simmer another 10 minutes then set aside. Preheat oven to 350F. Line a baking tray with parchment paper, arrange slices in a single layer, sprinkle with salt and bake for 15 minutes. Place a layer of eggplant slices on the bottom of the oven-proof dish. Alternate layers of meat sauce and eggplant slices and finish with eggplant on top. Bake for 35 minutes. Lightly beat the eggs, pinch of salt and almond milk and pour over mixture. Bake another 10-15 minutes or until golden. Let it rest for 5 minutes before serving.

MAKES 6 SERVINGS

recipe adapted from paleogrubs.com