Meatless Moussaka

Grocery List

* 2 Eggplants, sliced ½ inch thick
* 8 Mini Red Potatoes, sliced
* EVOO
* Sea Salt / Black Pepper
* ½ Tsp. dried Oregano (potatoes only)
* ¼ C EVOO
* Yellow Onion, diced
* 3 cloves Garlic, chopped
* 340g YVES Italian Ground Round
* 796ml can Diced Tomatoes
* 1 Tbsp. Tomato Paste
* ½ Tbsp. Red Wine Vinegar
* ½ Tsp. Ground Nutmeg
* ½ Tsp. Dried Oregano
* ½ Tsp. Dried Parsley
* ½ Tsp. fresh Thyme
* ¼ C fresh Parsley, roughly chopped
* 1 C Baby Spinach, roughly chopped
* Sea Salt / Black Pepper
* 2 Tbsp. Unsalted Butter
* 2 Tbsp. AP Flour
* 1 C 2% Milk +
* ½ Tsp. White Pepper
* ½ Tsp. Ground Nutmeg
* Pinch Sea Salt
* ½ C Parmesan, grated



Prep Time: 20 Min

Cook Time: 1 Hr

1. Preheat oven to 400 F
2. Lay the sliced eggplant in one layer on a baking sheet that has been sprayed with EVOO / Baking spray. Drizzle with EVOO and season with sea salt and black pepper
3. Same for the potatoes, drizzle and season with sea salt and pepper as well as add a ½ tsp. dried Oregano.
4. Eggplant should bake between 20 – 25 and potatoes 25 – 30 Min. You want both to be nice and brown, flip at least once. Set aside to cool.

\*\*Maximize time by preparing sauces while vegetables roast!!

1. Reduce heat in oven to 375 F
2. In a large frying pan, bring to temperature on medium and pour in the oil. Add the onions, garlic, and a pinch of sea salt. Fry 4 – 5 minutes stirring often.
3. Add the veggie ground and break it up to a crumbly texture. Mix together with the onion and garlic and continue frying on medium 3 minutes.
4. Stir in the tomato paste followed by the diced tomatoes, nutmeg, red wine vinegar, oregano, thyme, and sea salt / black pepper. Bring to a boil on medium and reduce to medium low. Cover and simmer 15 Minutes.
5. Stir in the fresh parsley and spinach, reduce heat to low, and leave covered.
6. In a small sauce pot, melt the butter on medium and whisk in the flour. Continuously stir the mixture so nothing burns. After 2 minutes of stirring, slowly whisk in the milk to break up any potential clumps. Bring to a boil stirring often. Season and reduce heat to low for 5 minutes.
7. Spray a 2 ½ qt. baking dish with EVOO spray and begin lining the dish with the cooled, roasted eggplant. Follow with a layer of the roasted potatoes and a layer of the hearty sauce. Sprinkle with parmesan and complete another eggplant, potato, sauce & parmesan layer.

\*\*Seal the remainder of sauce in an airtight container!

1. Drizzle the Béchamel sauce through the middle of the dish from end to end. Use a spoon or spatula to gently press the béchamel away from the middle towards the edges. Sprinkle with the remainder of the parmesan and bake uncovered 25 – 30 Minutes.
2. Cool 5 minutes before slicing in to.