



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
MONROE COUNTY



## Eggplant Bake

### Ingredients

1 large (or 2 medium) eggplant, peeled and cut into ¼-inch slices  
¾ lb. lean ground beef or lamb  
½ c. chopped onion  
1 clove garlic, minced  
8 oz. can tomato sauce

6 T. margarine  
4 T. all-purpose flour  
¼ t. salt  
dash of pepper  
¾ c. skim milk  
3 T. grated Parmesan cheese

### Directions

\*In a large covered skillet, cook eggplant slices in ½ inch boiling water about 6 minutes or until tender. Drain and set aside. In same skillet, cook ground beef, onion, and garlic until beef is no longer pink. Drain off fat. Stir in tomato sauce and bring to a boil; reduce heat. Simmer, uncovered, about 5 minutes. Remove from heat. Meanwhile, prepare sauce. Melt margarine in a small saucepan. Stir in flour, salt, and pepper. Then stir in skim milk all at once. Cook and stir until thick and bubbly. Remove from heat and set aside. Spray a 10x6 baking dish with nonstick spray. Arrange half of the eggplant in dish. Spoon meat mixture over top, then top with remaining eggplant slices. Pour sauce over all ingredients. Sprinkle with Parmesan cheese. Bake, uncovered, at 325 degrees for 30 minutes or until heated through and top is golden.

\* Microwave on plate for approximately 3 minutes. It is easier and the texture is better; not soggy.

Makes: 4 Servings



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