

# Eggplant Ground Meat Casserole

Mrs. Arthur Kellar

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 10

4 large eggplant  
12 large onion, chopped  
3 stalks celery, chopped  
1 large bell pepper, chopped  
4 cloves garlic, chopped  
3 medium slices baked ham, cut in small pieces  
1 cup butter  
1 1/2 pounds mixed ground beef and pork  
6 to 8 slices stale bread  
1/2 cup cream  
1 cup milk  
5 eggs  
salt (to taste)  
pepper (to taste)  
bread, cracker or potato chip crumbs (for topping)

Preheat the oven to 350 degrees.

Peel, dice and simmer the eggplant in a small amount of water until tender.

In a large skillet, saute' together the onion, celery, bell pepper, garlic and ham in butter until soft. Add all of the meat and cook until done.

In a bowl, combine the bread with the cream, milk and beaten eggs. Add the mixture to the cooked meat and vegetables. Season to taste with salt and pepper. Mix thoroughly. Pour into an ungreased but wet, not too deep, large casserole.

Bake for about 35 minutes.

When done, sprinkle the top with your choice of crumbs.

Return to oven for 2 to 3 minutes to heat the crumbs. Serve.

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Per Serving (excluding unknown items): 388 Calories; 26g Fat (57.7% calories from fat); 9g Protein; 33g Carbohydrate; 8g Dietary Fiber; 170mg Cholesterol; 340mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 4 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	388	Vitamin B6 (mg):	.4mg
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% Calories from Fat:	57.7%
% Calories from Carbohydrates:	33.1%
% Calories from Protein:	9.3%
Total Fat (g):	26g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	170mg
Carbohydrate (g):	33g
Dietary Fiber (g):	8g
Protein (g):	9g
Sodium (mg):	340mg
Potassium (mg):	773mg
Calcium (mg):	122mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	24mg
Vitamin A (i.u.):	1204IU
Vitamin A (r.e.):	267 1/2RE

Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	94mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	4 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 388 Calories from Fat: 224

### % Daily Values\*

<b>Total Fat</b> 26g	40%
Saturated Fat 15g	74%
<b>Cholesterol</b> 170mg	57%
<b>Sodium</b> 340mg	14%
<b>Total Carbohydrates</b> 33g	11%
Dietary Fiber 8g	31%
<b>Protein</b> 9g	
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<b>Vitamin A</b>	24%
<b>Vitamin C</b>	40%
<b>Calcium</b>	12%
<b>Iron</b>	10%

\* Percent Daily Values are based on a 2000 calorie diet.