

Moussaka of Beef

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 6

*1 pound lean ground beef
3/4 cup salad oil
3 medium onions, chopped
1 tablespoon parsley, minced
1/3 cup water
1 tablespoon tomato paste
2 teaspoons salt
1/2 teaspoon fresh ground black
pepper
1 large or 2 medium eggplants
2 egg whites, well beaten
1/2 cup bread or corn flake crumbs
1 cup medium cream sauce
1 cup Parmesan cheese, grated*

In a heavy skillet, heat a little of the oil. Brown the meat lightly. Add the onions, parsley, water, tomato paste, salt and pepper. Simmer over the lowest possible heat for about 25 minutes, stirring occasionally.

Cut the eggplants in 1/4-inch slices. Saute' lightly in the rest of the oil.

Add the egg whites and crumbs to the meat mixture. Blend until they are absorbed.

In a medium casserole, broad rather than deep, make alternate layers of eggplant slices and meat mixture, ending with eggplant.

Make the cream sauce: In a bowl, combine two tablespoons of butter, two tablespoons of flour, one cup of milk and seasoning to taste. Pour the cream sauce over the top of the eggplant in the casserole. Top with the Parmesan.

Bake in a medium oven, 350 degrees, for 30 minutes or until well browned.

Per Serving (excluding unknown items): 551 Calories; 47g Fat (76.7% calories from fat); 22g Protein; 11g Carbohydrate; 3g Dietary Fiber; 67mg Cholesterol; 1056mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 7 1/2 Fat.

Beef

Per Serving Nutritional Analysis

% Calories from Fat:	76.7%
% Calories from Carbohydrates:	7.7%
% Calories from Protein:	15.6%
Total Fat (g):	47g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	24g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	67mg
Carbohydrate (g):	11g
Dietary Fiber (g):	3g
Protein (g):	22g
Sodium (mg):	1056mg
Potassium (mg):	511mg
Calcium (mg):	214mg
Iron (mg):	2mg
Zinc (mg):	4mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	257IU
Vitamin A (r.e.):	44RE

Vitamin B12 (mcg):	2.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	34mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	7 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 551 **Calories from Fat:** 422

% Daily Values*

Total Fat 47g	73%
Saturated Fat 12g	60%
Cholesterol 67mg	22%
Sodium 1056mg	44%
Total Carbohydrates 11g	4%
Dietary Fiber 3g	12%
Protein 22g	
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Vitamin A	5%
Vitamin C	11%
Calcium	21%
Iron	11%

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