

Beef

Party Eggplant Parmesan

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 8

3/4 cup soft bread crumbs

1/3 cup milk

1 teaspoon seasoned salt

1/2 teaspoon seasoned pepper

1 pound ground beef

1/2 pound ground veal

cooking oil

1 medium eggplant

1/4 cup all-purpose flour

2 cans (8 oz) tomato sauce with mushrooms

1/4 cup water

1/4 teaspoon dried oregano, crushed

1/2 cup Parmesan cheese, grated

Preheat oven to 350 degrees.

Combine crumbs, milk, salt and pepper. Add beef and veal; mix well. Shape into eight patties. Brown on both sides in a small amount of cooking oil. Remove from skillet.

Peel eggplant; cut into eight thick slices. Brush lightly with oil; coat with flour. Brown eggplant slice in same skillet.

Arrange eggplant slices in a 13x9x2-inch baking dish; top each slice with a meat patty.

Combine tomato sauce, water and oregano; pour over all in the casserole. Sprinkle with Parmesan cheese.

Bake, uncovered, for 20 to 25 minutes.

Per Serving (excluding unknown items): 287 Calories; 19g Fat (60.5% calories from fat); 19g Protein; 9g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 355mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.