

Beef and Eggplant Casserole

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 4

*1 1/2 pounds lean ground chuck
1 medium eggplant, sliced in
1/2-inch slices
salt
pepper
2 tablespoons onions, chopped
2 tablespoons salad oil
1/3 cup flour
1/4 cup salad oil, 1/2" cubes
1 1/2 teaspoons fresh oregano,
chopped
1 can (8 ounce) tomato sauce or
tomato soup
Mozzarella cheese*

Wash the eggplant and slice it without peeling. Salt each slice and pile them up for 15 to 20 minutes to take out the bitterness.

In a bowl, mix the chuck, one teaspoon of salt, a little pepper and the onions. Form into eight patties, handling the mixture as little as possible.

In a heavy skillet, heat two tablespoons of oil. Brown the patties on both sides. Arrange four of them on the bottom of a medium casserole. Place the remaining four patties aside.

Pat the eggplant slices dry with paper towels. Dip them in flour and brown them lightly in 1/4 cup of oil.

Arrange half of the eggplant slices on top of the beef patties in the casserole. Sprinkle them with the oregano. Spread one tablespoon of tomato sauce on each. Cover with the remaining patties, the remaining eggplant and the remaining oregano. Pour the remaining tomato sauce on top. Cover completely with slices of Mozzarella.

Bake for 30 minutes at 350 degrees or until the cheese is golden and bubbly.

Per Serving (excluding unknown items): 250 Calories; 21g Fat (72.7% calories from fat); 2g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 4 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	250	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	23.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	21g	Folacin (mcg):	25mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0%
Carbohydrate (g):	15g		
Dietary Fiber (g):	3g		
Protein (g):	2g		
Sodium (mg):	4mg		
Potassium (mg):	268mg		
Calcium (mg):	12mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	101IU		
Vitamin A (r.e.):	9 1/2RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 250 **Calories from Fat:** 182

% Daily Values*

Total Fat 21g	32%
Saturated Fat 2g	12%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrates 15g	5%
Dietary Fiber 3g	13%
Protein 2g	
Vitamin A	2%
Vitamin C	4%
Calcium	1%
Iron	4%

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