

Eggplant Skillet

Marjorie Rutherford - Lithonia, GA

Treasure Classics - National LP Gas Association - 1985

Servings: 4

*1 pound ground beef
1/4 cup chopped onion
1 can (8 ounce) tomato sauce
1/2 cup water
1/2 to 3/4 teaspoon dried oregano, crushed
1/2 to 3/4 teaspoon chili powder
1 small eggplant, cut in 1/2 inch slices, salted and peppered
1 1/2 cups shredded mozzarella cheese
paprika*

Preparation Time: 40 minutes

Cook Time: 30 minutes

In a skillet, cook the beef and onion until the meat is browned. Drain.

Stir in the tomato sauce, water, oregano and chili powder. Season the eggplant slices with salt and pepper. Arrange the eggplant slices on top of the meat sauce in the skillet.

Cover and simmer until the eggplant is tender, 15 to 18 minutes.

Top with cheese. Cover just until the cheese melts. Top with paprika.

Best when served with a salad.

(If prepared in advance to freeze, do not add the cheese until ready to serve.)

Per Serving (excluding unknown items): 544 Calories; 41g Fat (67.6% calories from fat); 30g Protein; 14g Carbohydrate; 4g Dietary Fiber; 134mg Cholesterol; 638mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 6 Fat.