Savory Eggplant and Beef Bake

Layered baked eggplant with seasoned ground beef, a satisfying low-carb casserole perfect for lean muscle support and easy weeknight dinners.

Servings: 2 **Time:** 50 minutes

Ingredients

- 1 large eggplant (about 1 lb), sliced into 1/2-inch rounds
- 8 oz lean ground beef
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 cup crushed tomatoes (no sugar added)
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/4 tsp crushed red pepper flakes (optional)
- 1/2 cup shredded part-skim mozzarella cheese
- 2 tbsp olive oil
- Salt and black pepper to taste
- Fresh parsley for garnish (optional)

Instructions

1. Preheat oven to 375°F.
2. Lightly brush eggplant slices with 1 tbsp olive oil and season with salt and pepper.
3. Arrange eggplant slices on a baking sheet and bake for 15 minutes, turning once halfway through.
4. While eggplant bakes, heat remaining 1 tbsp olive oil in a skillet over medium heat.
5. Add diced onion and cook until translucent, about 3 minutes.
6. Add minced garlic and cook for 1 minute until fragrant.
7. Add ground beef, breaking it apart, cook until browned and no longer pink.
8. Stir in crushed tomatoes, oregano, basil, red pepper flakes, salt, and pepper. Simmer for 5 minutes.
9. In a small baking dish, layer half the eggplant slices, then spread half the beef mixture over them.
10. Repeat layering with remaining eggplant and beef mixture.
11. Sprinkle shredded mozzarella cheese evenly over the top.
12. Bake in preheated oven for 15 minutes or until cheese is melted and bubbly.
13. Let rest for 5 minutes before serving. Garnish with fresh parsley if desired.

powered by dishgen