

Stuffed Eggplant Parmesan



Ingredients:

4 small eggplants	1/4 tsp red pepper flakes
Kosher salt and olive oil	4 cups marinara sauce
1 Tbsp olive oil	1 1/2 cups shredded mozzarella
1 lb ground beef	1/2 cup shredded parmesan
1/2 cup chopped red onion	cheese
2 cloves garlic, minced	1/4 cup basil leaves, thinly
1 tsp dried oregano	sliced, divided

Directions:

Preheat oven to 425°. Cut eggplants in half. Scoop out flesh, leaving about 1/4 inch around shell. Chop scooped out eggplant flesh. Set aside. Salt insides of each eggplant shell well and then rub liberally with olive oil. Bake eggplants with open side up until very soft and browned (about 30-35 minutes). While eggplants are cooking, heat olive oil in large skillet over medium heat. When shimmering, add ground beef. Sauté until no longer pink (about 2 minutes). Add chopped eggplant, onion, garlic, oregano, and red pepper flakes. Sprinkle with salt. Sauté until eggplant is soft and tender (about 6-7 minutes). Stir in 1 cup of marinara sauce and about half the sliced basil. Remove eggplants from oven and set aside on a plate. Spread out 2 cups of the marinara on bottom of baking dish and return eggplants to dish. Mix cheeses together. Place filling in eggplants. Top filling with cheese. Bake until the cheese is melted and starting to brown (about 12-14 minutes). Top with remaining sliced basil. Serve with the pasta tossed the unused marinara sauce.

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