
BECKY'S EGGPLANT MOUSSAKA

I was first introduced to moussaka in high school from our long-time neighbor, Becky Rawlins. She hand-wrote the recipe for me to make and I still crave it on cold nights.

1.5 lbs. ground lean beef
1/3 cup chopped onion
15 oz. can tomato sauce
2 tablespoons chopped fresh parsley
1 cup water
1/8 teaspoon ground cinnamon
salt and pepper to taste
2 medium eggplants
Olive oil
2 cups shredded mozzarella cheese (divided)
1/2 cup plus 2 tablespoons all-purpose flour
1/2 cup butter
13 oz. can evaporated milk
1 cup water
1 teaspoon ground nutmeg
2 eggs, beaten

Combine ground beef and onions, sauté until beef is not longer pink in color. Pour off drippings. Add tomato sauce, parsley, 1 cup of water, cinnamon, salt, and pepper to beef mixture. Simmer 45 minutes on low heat.

Peel eggplants and slice into 1/4-inch slices. Saute eggplant in olive oil until slightly tender. Drain well and cool. Arrange slices in a lightly greased 13 x 9-inch pan. Top eggplants with meat mixture and sprinkle with 1 cup of shredded mozzarella cheese.

Combine flour and butter, blending until smooth. Cook over low heat 1 minute. Gradually add milk and 1 cup water. Cook, stirring constantly, until smooth and thickened. Add salt to taste. Remove from heat and stir in beaten eggs, nutmeg and remaining cheese. Pour over meat mixture. Bake at 350 degrees for 45 minutes or until golden brown.

Cool slightly before serving.

Serves 8 to 10