



Moussaka

Contact me if you would like to make this gluten free.

1.5 lb. zucchini (2 medium)

1 lb. red or yellow potato (about 4 medium potatoes)

1 lb. eggplant (about 2 small)

Spray olive oil

1 to 1.5 lb. ground beef (mix of beef, lamb, pork is ok or just ground lamb) I prefer low fat content meat, if it's higher fat content I drain off some of the excess fat. Use Beyond Beef if you are vegetarian.

1 large onion finely chopped

2 or 3 cloves garlic finely chopped

6 T butter and more to butter the casserole dish

Can of tomatoes or fresh tomatoes (about 10 to 14 oz) – I like Pastene diced tomatoes 10oz with green chilis

3 T breadcrumbs

2 eggs

½ cup cheese - grated parmesan with feta or other Greek cheese (Kafalotiri) if you like.

Sometimes I use just parmesan but it's fun with a mix of cheeses.

½ t or ¾ t nutmeg

Salt

Pepper

Camp mix if you have it - I experiment with various spices like Lawry's seasoned salt.

Pinch of Oregano, basil and red pepper flakes optional if you like it spicier.

½ cup red wine

2 cups whole milk

6T flour

Slice veggies about ¼ inch thick and sprinkle with salt and pepper or camp mix and bake on cookie sheets sprayed with olive oil at 400 degrees for about 10-15 minutes. Turn over halfway through cooking if you remember (not a show stopper). This way the veggies are pre-cooked.

Use as little or as much oil sprayed on the pan and veggies as you like. Stack the cooked veggies on a platter and set aside. Turn off oven.

Sauté meat, onion, garlic in 2 T butter and season with salt, pepper or camp mix. Add tomatoes, red wine, oregano and basil. Simmer on low covered for 30 minutes. Remove from heat, cool slightly, and stir in one beaten egg.

In a buttered 13 x 9 inch casserole dish sprinkle the bread crumbs on the bottom. Layer the potatoes over the bread crumbs. Spoon about half the meat mixture over the potatoes spreading evenly. Layer the eggplant over the meat mixture. Spread the other half of meat mixture over the eggplant. Layer the zucchini over the meat mixture. Set the casserole aside while you make the béchamel sauce. Note: sometimes I forget to butter the casserole dish and it doesn't matter much.

Pre-heat oven to 350 while you make the béchamel sauce.

Béchamel sauce

Melt 4T butter in a medium pan over low heat. Add the 6T flour and ½ to 1 tsp of salt. Add some pepper too. Cook until flour and butter are well blended but not brown. Gradually add the 2 cups of milk and whisk constantly on medium to low heat until thick. Add one beaten egg and nutmeg and whisk constantly until mixed. Add ½ cup cheese and stir until cheese is melted.

Pour the béchamel on top of casserole evenly over the zucchini.

Cook uncovered at 350 degrees for 45 to 50 minutes. Turn halfway through cooking. Béchamel will brown on top. Cool 10 minutes and eat. Stores well in the fridge and microwaves well for lunch.