

Eggplant Lasagna

- 2 eggplants, peeled and thinly sliced lengthwise
- 1 lb organic ground beef, turkey or buffalo
- 1 med onion, diced
- 1 green pepper, diced
- 1 Tbsp garlic, minced
- 1 lb mozzarella, shredded
- 1 lb ricotta cheese
- ¼ cup fresh parmesan cheese, grated
- 2 tsp oregano
- 2 tsp basil
- Marinara sauce (recipe below)
- Salt and pepper and hot peppers to taste.

In a frying pan cook onions, pepper and garlic in a little olive oil until soft. Add beef and cook until brown. Add basil and oregano plus half of the marinara sauce and simmer for 15 minutes. Add salt and pepper to taste.

Marinara Sauce

- 2 cans organic crushed tomatoes
- 4 cloves minced garlic
- 4 Tbsp olive oil
- 1 cup red wine
- 2 Tbsp fresh chopped parsley
- 4 tsp basil
- 4 tsp oregano
- salt and pepper to taste

Sauté garlic in olive oil until soft. Add crushed tomatoes, red wine and herbs and simmer, covered, for 10 minutes. Add salt and pepper and simmer for another 10 minutes.

In a 9 x 13 inch pan place a layer of sliced eggplant, add a layer of meat mixture, cover with a layer of ricotta cheese, pour 1/3 of the remaining sauce over the ricotta, then sprinkle ½ mozzarella. Add another layer of eggplant and meat mixture then cover with mozzarella and more of the sauce. Cover with foil and bake at 350 degrees for one hour. Before serving add more sauce and some ricotta cheese topped with parmesan.

Many different types of cheeses can be substituted if desired.