

Meat in Eggplant Layers with Homemade Tomato Sauce

Recipe By Nitra Ladies Auxiliary



Cooking and Prep:  1
h 45 m

Serves:  6

Contains: 

Preference: Meat

Difficulty: Medium

Occasion: Passover

Diet: Gluten Free

Source: The Heimishe

Kitchen (Nitra Cookbook)

Cuisines: Italian

A filling and comforting Passover weeknight supper. Includes a quick and easy no-cook tomato sauce recipe.

Ingredients (15)

Eggplant Layer

- 1 large eggplant
- 2 eggs, lightly beaten
- 1/2 cup potato starch or **Yehuda Matzo Meal**
- oil or chicken fat, for frying

Meat filling

- 1 pound ground beef or chicken
- 3 eggs
- 1 small onion, grated
- 1/2 teaspoon salt
- 1/4 teaspoon pepper *(optional)*
- 1 medium potato, cooked and mashed

Tomato Sauce (Optional)

- 3 tomatoes
 - 1/2 teaspoon salt
 - dash of pepper
 - 4 tablespoons potato starch
 - 1/2 cup water
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Start Cooking

Prepare the Eggplant

1. Peel eggplant and slice into quarter-inch slices. Dip slices into eggs and coat with starch or matzo meal. Fry in hot oil until golden.

Variation:

To bake, grease pan with four tablespoons oil. Place coated eggplant slices onto pan and bake at 400 degrees Fahrenheit for 10 minutes on each side.

Assemble

1. Combine all ingredients for meat filling.
2. Cover bottom of greased 10-inch casserole with eggplant. Place two tablespoons meat mixture onto each slice. Cover with remaining eggplant.
3. Spoon tomato sauce (see below) or meat gravy (use the leftovers from the recipe [Meat with Thick Gravy](#))

) over eggplant and bake at 350 degrees Fahrenheit for one hour and 15 minutes or cook over low heat for one hour.

Tomato Sauce

Optional

1. Scoop out pulp of tomatoes, or peel and mash. Combine with remaining ingredients.

Credit

Photography and Styling by Tamara Friedman