

# MAKE THIS RECIPE STEP-BY-STEP

## INGREDIENTS YOU'LL NEED -

1 Prairie Street Kosher  
Veal Premium Ground  
Blend

1 Large eggplant sliced  
in rings

1 Onion chopped

¼ cup of tomato paste

1 Cup tomato puree

1 cup Soy milk

2-3 tablespoons Flour

¼ cup vegan butter

2 Cups of Water

Olive oil

Pinch of nutmeg

1 Teaspoon cinnamon

1 Teaspoon garlic  
powder

1 Teaspoon oregano  
fresh or dried

1 Cup kosher red wine

Kosher salt

Pinch of white pepper

Freshly ground black  
pepper

2 Roma tomatoes sliced

1

Lay eggplant on a sheet pan sprinkle salt on top. The salt will draw out the bitterness in the eggplant. Let sit for ten minutes. Rinse off salt and pat dry.

2

Non-Dairy Bechamel

3

First make a Roux. Roux is flour and oil heated together to act as a thickener. Heat a pan and add vegan butter now stir in flour. Keep whisking. Add soy milk stir in more flour until it is thick and bubbly. Add a pinch of white pepper, ground nutmeg, cumin and salt.

4

On the stove top in a heavy bottom pan sweat the chopped onions. Cook onions so they are soft and a little brown. Add 2 tablespoons of tomato paste. Toast the tomato paste by heating it and mixing with the onions. Push the onions to the edge and add the veal, break veal up and brown. Add ½ cup of water to help cook the veal through and incorporate the flavors in the pan. Stir in garlic, oregano, and cinnamon. Add wine and tomato puree and let mix reduce.

5

In a baking dish layer eggplant, veal mix, tomatoes, and bechamel. And repeat. Cover with foil and put into a 350f degree oven for 45 minutes and 15 minutes without the foil.

6

Remove from oven. Enjoy!

Bete'avon

