

Recipe For: Eggplant Parmesan



Ingredients:

3-4 Eggplants (≈4 lbs.)
Breadcrumbs (≈3 c)
Eggs (≈3-4)
Olive Oil (≈1 c)
3 c Tomato Sauce
1 ½ c Parmesan Cheese
16 oz. Mozzarella Cheese
2 c Ricotta Cheese



Directions:

Slice eggplant into ¼ inch discs (peeled or not). Egg, bread, and fry in oil (start with 2-3 tbsp. oil and add more as needed) until all eggplant is cooked. In bowl combine Ricotta, grated mozzarella, ½ c grated Parmesan cheese, and ¾ c tomato sauce. Spread 1 c tomato sauce in bottom of 9 x 14 inch pan and layer as follows: half of eggplant, half of cheese mixture, rest of eggplant, rest of cheese mixture. Cover with remaining sauce and sprinkle on the rest of the Parmesan cheese. Bake at 375° for ≈30 minutes (until it's bubbling).

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Recipe For: Tomato Sauce



Ingredients:

2 tbsp. Olive Oil
1 Medium Onion, Chopped
2 Cloves Garlic, chopped
2 cans (28 oz.) Crushed Tomatoes
½ tsp. Dried Oregano
1 tsp. Dried Basil
Salt and Pepper

Directions:

In large pot, sauté onions in oil until browned, then add garlic and cook for about a minute more. Then add crushed tomatoes, basil, and oregano and bring to a boil. Once it boils, lower it and let simmer for about 20 minutes.

Add salt and pepper to taste.

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