

September 18, 2015

**Recipe: Pastitsio**

Macaroni and Tomato Meat Sauce Casserole

Servings: 4

- 3/4 pound ground beef, extra lean
- 1 onion, medium, diced
- 3 tablespoons olive oil
- 1 16 oz. can tomatoes in juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 1/4 teaspoons salt
- 1/2 teaspoon black pepper
- 2 tablespoons flour
- 1 1/2 cups milk, hot
- 1/4 teaspoon white pepper
- 2 eggs, large
- 1/2 pound elbow macaroni, cooked, large
- 1 cup Parmesan cheese, grated



Preheat the oven to 350 degrees.

Meat sauce: Brown ground beef and onions in a large skillet over medium-high heat with 1 tablespoon of olive oil. Chop and add tomatoes with their juice, cinnamon, nutmeg, 3/4 teaspoon of salt, and black pepper. Simmer uncovered for 15 minutes.

Egg Sauce: In a small saucepan heat the remaining 2 tablespoons of olive oil over medium heat, add flour and cook, stirring, for 1 minute. Whisk in hot milk and continue whisking until the mixture comes to a boil then lower heat and simmer for 2 minutes, stirring occasionally. Season with 1/2 tsp salt and 1/4 tsp white pepper. Let cool a bit, and then stir in the 2 eggs.

Grease 2 large aluminum loaf tins lightly with butter or oil. Place half of the macaroni in the bottom of the tins and top with meat sauce. Top with half of the cheese, then the rest of the macaroni. Pour the egg sauce over the macaroni and top with the remaining Parmesan. Bake, uncovered, in 350-degree oven for 30 minutes, until casserole is lightly browned.