

# Greek Pastitsio

Yield: 5 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/pasticio-greek-dish-recipe>

## Ingredients:

- 1 cup elbow macaroni uncooked
- 1 pound ground lamb turkey or beef may be substituted
- 1 onion medium, chopped
- 1 garlic clove minced
- 8 ounces tomato sauce make your own
- 1 teaspoon salt divided
- 1 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cinnamon
- 1/2 cup grated Parmesan cheese divided
- 3 tablespoons butter
- 3 tablespoons all purpose flour
- 1 1/2 cups milk
- 1 egg lightly beaten

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 145 milligrams
4. Fat: 35 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 17 grams
8. Sodium: 980 milligrams
9. Sugar: 10 grams

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