

# Moussaka

Yield: 8 min  
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/moussaka-greek-recipe-youtube>

## Ingredients:

- 1/2 cup dried currants
- 28 ounces plum tomatoes whole
- 2 1/4 cups olive oil
- 1 pound lean ground beef
- 1 pound ground lamb lean
- freshly ground pepper
- coarse salt
- 2 tablespoons ras el hanout or more to taste
- 1 tablespoon aleppo or red pepper flakes
- 1 1/2 teaspoons ground cinnamon or more, to taste
- 4 cups onion finely diced
- 6 cloves garlic finely sliced
- 2 cups dry red wine
- 18 1/4 inches idaho potato slices, about 1 pound
- 2 yellow bell peppers or medium red, diced
- 18 1/4 inches eggplant slices, about 2 pounds
- 3 cups bechamel sauce yogurt, see link to recipe above
- 1 cup kefalotyri or Parmesan Cheese, freshly grated

## Nutrition:

1. Calories: 1090 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 105 milligrams
4. Fat: 84 grams
5. Fiber: 8 grams
6. Protein: 37 grams
7. SaturatedFat: 20 grams
8. Sodium: 1300 milligrams
9. Sugar: 19 grams

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