

Turkish Eggplant and Ground Beef Casserole

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-eggplant-and-ground-beef-recipe>

Ingredients:

- 5 eggplants
- 2 cups vegetable oil for frying
- 1 onion
- 1 tablespoon olive oil
- 1 pepper Hungarian, or other green, sweet pepper
- 1 pound ground beef lean
- 1 large tomato
- 1 tablespoon tomato paste
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon allspice
- 3 tomatoes large
- 1 tablespoon tomato paste
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon sugar
- 1/2 teaspoon oregano
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- 3 cups milk
- 1 cup cheese grated Turkish ka?ar, or other mild, yellow cheese
- sweet red pepper optional
- green pepper optional

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 34 grams

3. Cholesterol: 75 milligrams
 4. Fat: 76 grams
 5. Fiber: 12 grams
 6. Protein: 24 grams
 7. SaturatedFat: 14 grams
 8. Sodium: 710 milligrams
 9. Sugar: 16 grams
 10. TransFat: 2 grams
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