

# VEGETARIAN MOUSSAKA

PORTIONS 6

## INGREDIENTS

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- 1 to 2 large eggplants, cut into 1cm slices along the length.
- 150 ml (2/3 cup) olive oil
- 1 pack of tofu, crumbled
- 1 can beans
- 1 tablespoon soy sauce
- 1 tablespoon beef broth powder
- 1 bay leaf
- 1 onion, finely diced
- 5 ml (1 teaspoon) cinnamon
- 2,5 ml (1/2 teaspoon) ground nutmeg
- 1 pinch of dried thyme
- 2 garlic cloves, finely diced
- 1 tablespoon red wine vinegar
- ½ cup water
- 1 can of 398 ml (14 oz) diced tomatoes
- 60 ml (1/4 cup) parsley, chopped
- 90 ml (6 tablespoons) breadcrumbs
- Salt and pepper



### *Bechamel sauce*

- 45 ml (3 tablespoons) butter
  - 45 ml (3 tablespoons) all purpose flour
  - 375 ml (1 1/2 cup) milk
  - 1 egg
  - 125 ml (1/2 cup) grated parmesan cheese
  - A pinch of ground nutmeg
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## **PREPARATION**

1. Preheat the oven at 400 C.
2. Oil and salt the eggplant slices. Lay on a baking sheet and bake for 10 minutes. Turn the slice around and bake for another 10 minutes. Set aside.
3. In a large frying pan, fry the tofu with the soy sauce, broth, bay leaf, onion, spices and oil, breaking it down with a wooden spoon. Add garlic and cook for another minute. Add salt and pepper to taste. Add the vinegar and the water. Bring to a boil, let reduce until it is almost dry. Add the tomatoes and parsley. Bring to a boil, then remove from heat. Add 1/4 cup of breadcrumbs and mix well.

### ***Bechamel sauce***

3. In a small pot, melt the butter. Sprinkle the flour and cook 1 minute, constantly stirring. Add the milk and bring to a boil, mixing with a whisk. Once the sauce has thickened, remove from heat and add the cheese, egg, nutmeg, salt and pepper. Set aside.
4. Place the grill in the middle of the oven. Preheat at 200 °C (400 °F)

### ***Assembly***

5. Grease a large baking dish (13x9 inches). Sprinkle about one tablespoon of breadcrumbs.
6. On each slice of eggplant, spread about 1/3 cup of the veggie mix. Roll up and place in the baking dish. Cover all the rolls with bechamel, then sprinkle the remaining breadcrumbs. Bake for 25 minutes or until the bechamel is golden.