

# Pastitsio

Free Press

①

- |   |                                    |
|---|------------------------------------|
| 1 1/2 lbs ground beef                     | 1/4 cup flour                      |
| 14 ounces (398 ml) tomato sauce           | 3 cup skim or 1% milk              |
| 1/2 cup (125 ml) beef broth               | 1/2 tea each nutmeg, salt & pepper |
| 1 1/2 cups chopped onion                  | 2 eggs lightly beaten              |
| 4 cloves garlic minced                    | 1/2 cup grated Parmesan cheese     |
| 1 tsp each dried oregano, salt & cinnamon | 2 1/2 cups uncooked                |
| 1 tablesp balsamic or red wine vinegar    | regelor or wholew. macaroni        |
|   | 1/3 cup fresh parsley.             |

Brown beef add onion, sauce etc all of #1.

Stir flour into milk, cook over med. heat till thickened, stir in nutmeg, s & p, & 1/4 cup of cheese. Remove from heat, gradually whisk in eggs.

Set aside 3 1/4 cups of this cheese sauce.

Meanwhile cook pasta & add cheese from saucepan

Spray 13x9 pan (3L) baking dish.

Spread macaroni mixture evenly, top with meat mixture.

Spread reserved cheese sauce over.

Bake 350-50 to 60 mins.

Sprinkle with parsley. 8 servings

Per serving 381 calories

27g protein

12g fat

48g carbohydrates.