



Vegetarian Moussaka

Savannah · 28/09/2024



Prep Time

30 mins

Dificult

Medium

Servings

2 hrs 35 mins

Description

This vegetarian moussaka recipe always gets rave reviews from vegetarians and nonvegetarians alike Easy to make but takes time Serve with salad

Ingredients

- - 1 eggplant
- thinly sliced - 1 teaspoon salt
- or more as needed - 1 tablespoon olive oil
- or more as needed - 1 large zucchini
- thinly sliced - 2 potatoes
- thinly sliced - 1 onion
- sliced - 1 clove garlic
- chopped - 1 tablespoon white vinegar - 1 (14.5 ounce) can whole peeled tomatoes
- chopped - ½ (14.5 ounce) can lentils
- drained with liquid reserved - 2 tablespoons chopped fresh parsley - 1 teaspoon dried oregano - ground black pepper to taste - 1 cup crumbled feta cheese - 1 ¼ cups milk - 2 tablespoons all-purpose flour - 1 ½ tablespoons butter - 1 pinch ground nutmeg - ground black pepper to taste - 1 large egg
- beaten - ¼ cup grated Parmesan cheese

Instructions

1. Sprinkle eggplant slices with salt; set aside for 30 minutes. Rinse and pat dry with paper towels. Preheat the oven to 375 degrees F (190 degrees C). Heat olive oil in a large skillet over medium-high heat. Cook eggplant and zucchini in hot oil until lightly browned
2. about 3 minutes per side. Remove with a slotted spoon to drain on a paper towel-lined plate
3. reserving as much oil as possible in the skillet. Add more oil to the skillet if needed and let it get hot. Cook potato slices in hot oil until browned
4. 3 to 5 minutes per side. Remove with a slotted spoon to drain on a paper towel-lined plate
5. again reserving oil in the skillet. Sauté onion and garlic in reserved oil until lightly browned
6. 5 to 7 minutes. Pour in vinegar
7. bring to a boil
8. and reduce heat to medium-low; cook until liquid is reduced in volume and thick. Stir in tomatoes
9. lentils
10. 1/2 of the juice from lentils
11. parsley
12. and oregano. Season with salt and black pepper. Cover
13. reduce heat to medium-low
14. and simmer for 15 minutes. Layer about 1/3 of the eggplant
15. 1/3 of the zucchini
16. 1/2 of the potatoes
17. and 1/2 of the feta in a 9x13-inch baking dish. Pour 1/2 of the tomato mixture over vegetables; repeat layering
18. finishing with a layer of eggplant and zucchini. Cover and bake in the preheated oven for 25 minutes. Meanwhile
19. make the sauce: Stir milk
20. flour
21. and butter for together in a small saucepan; bring to a low boil
22. whisking constantly
23. until thick and smooth. Season with nutmeg and black pepper. Remove from heat
24. cool for 5 minutes
25. and stir in beaten egg. Pour sauce over vegetables and top with Parmesan cheese. Continue baking
26. uncovered
27. until sauce is bubbly and top is lightly brown
28. 25 to 30 minutes.