

# Baked Eggplant

## Ingredients:

### For Sauce:

- 5 pounds tomatoes
- ¼ cup tomato paste
- 2 red peppers
- One onion, chopped
- 3 garlic, chopped
- Fresh or dried Italian herbs (basil, oregano, parsley)
- 1 tbsp salt
- Salt and pepper to taste

### For Eggplant:

- 2-3 large eggplant, peeled
- 2 eggs
- Seasoned Italian breadcrumbs
- 1 cup cheese, parm, mozzarella, and/or feta



## Instructions

### Sauce:

1. Sauté chopped onion and garlic until soft in some olive or avocado oil
2. Roast the tomato and pepper until soft and a bit charred
3. Process the tomato and pepper
4. In a saucepan add the processed tomatoes, paste, salt/pepper, and herbs to the onion mix
5. Cook until thick under low heat for 2-4 hours.

### Baked Eggplant:

1. Slice eggplant into ¼" slices.
2. Place eggplant on paper towels, salt them, and let them leech for 15 minutes
3. Dip eggplant in egg, then bread crumbs, then put on a tray flat.
4. Bake for about 20 minutes until soft
5. Layer eggplant in Pyrex dish, cover with sauce, layer more eggplant, then more sauce.
6. Cover with cheese to taste
7. Bake 20-30 minutes