



## **Moussaka with cauliflower and bechamel sauce**

8 servings

Calories: 218

### ***Ingredients:***

- 1 pound extra lean ground beef (Grass fed recommended)
- 1 onion peeled and chopped.
- 1 garlic clove peeled and minced.
- ¼ tsp freshly ground pepper
- 1 tsp cinnamon
- ½ tsp all spice
- 2 can organic crushed tomatoes (2 x 14 oz cans)
- ¼ tomato paste
- 2 medium eggplants

### ***For the cauliflower Sauce***

- 3 large garlic cloves (peeled and minced)
- 1 tbsp butter
- 3 cups cauliflower florets (about 1 small cauliflower)
- 3 cups vegetable stock
- 1 cup parmesan cheese
- ½ fresh ground pepper

### ***Directions:***

Place beef in a medium saucepan over medium heat, break it into small chunks and cook until brown, about 4 minutes. Drain liquid and transfer to a bowl.

Add garlic, onion to the same saucepan and season with salt, pepper, cinnamon, and all spice. Mix and cook for about 3 minutes.

Add ground beef to the pan along with crushed tomatoes and tomato paste. Bring to a boil on high heat then reduce to low and simmer uncovered for one hour.

Preheat oven to 400F

While the beef is cooking, prepare eggplants. Remove eggplants ends and slice them thinly.

Spray a baking sheet with olive oil and place 12 eggplants slice on it. You may need to use two baking sheets or bake them in two batches depending on the size of your oven. Bake for 10 minutes, remove them from the oven and let them cool down.

**For the cauliflower sauce:**

Melt butter in a non-stick skillet over medium low heat and cook garlic until smell but is not browned. Turn off the heat and set aside.

Bring the stock to a boil in a medium sized pot, add cauliflower and cook until very tender, about 6 minutes. Don't drain. Using a spoon, transfer cauliflower into a blender or food processor. Add ½ cup of cooking liquid, cooked garlic with butter, half of the parmesan and pepper. Pulse until very smooth. Taste and adjust seasonings as needed.

**For assembling:**

Place half the eggplant on the bottom of the large baking dish, cover with half of the beef mixture. Place another layer of eggplant, then the remaining beef mixture on top.

Using a rubber spatula, spread the cauliflower sauce evenly on top and top with ½ cup of parmesan cheese. Bake for 30 minutes or until bubbly and golden brown. Remove from the oven and let it sit for 10 minutes before cutting and serving. Enjoy!

<b>Nutrition Facts</b>	
Servings: 8	
<b>Amount per serving</b>	
<b>Calories</b>	<b>126</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4.6g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 305mg	<b>13%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 4.9g	<b>17%</b>
Total Sugars 4.3g	
<b>Protein</b> 11.2g	
Vitamin D 0mcg	0%
Calcium 211mg	16%
Iron 5mg	28%
Potassium 362mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.