



# Eggplant Parmesan

## INGREDIENTS

1 med sized eggplant ½" slices  
1 lb mild sausage  
2 tomatoes small diced  
½ med onion small cubes  
2 garlic cloves, Minced  
2 pinches of red-pepper flakes  
Coarse salt and freshly ground pepper  
Chopped fresh basil  
Chopped fresh Rosemary  
Chopped fresh oregano  
1 can tomato sauce  
1 cup water  
2-3 eggs (mixed in a flat bottom dish)  
small bowl flour (flat bottom dish)  
Italian bread crumbs  
Parmesan Cheese  
Mozzarella Cheese

## DIRECTIONS

**Sauce:** Heat oil in a large Dutch oven or stockpot over medium-high heat. Cook sausage until cooked. Drain. In same pan add onion, cook until starting to golden. Add garlic, until soft. Add in tomato, basil (hold some back for topping), rosemary, oregano & crushed peppers and a small amount of water (enough to deglaze the pan) continue until liquid is absorbed. Add 1 cup water, 1 can tomato sauce and sausage. Reduce heat & simmer. Should be a nice thick sauce.

**Eggplant:** Place eggplant on bakers racks and sprinkle with salt on both sides let sit for 30 min.\* Rinse and pat dry.

Mix 2/3 Italian bread crumbs and 1/3 parmesan in a small flat bottom container. Bread the eggplant: dip in flour bowl both sides, then the egg bowl both sides, followed by the Italian crumbs & parmesan mixture place on cookie sheet

In skillet fry eggplant until golden and place back on cookie sheet. Add sauce top with mozzarella and bake at 350 until cheese is melted. Remove and top with basil & serve.