

Eggplant Parmesan



My family makes this dish for Christmas every year. It is our main course! Easy, filling, and satisfying!

- 1 1/2 tablespoons olive oil
- 1 large onion diced
- 1 large bell pepper diced
- 2 cloves garlic minced
- 14 1/2 ounces canned tomatoes diced
- 8 ounces tomato sauce
- 6 ounces tomato paste
- 1 tablespoon oregano
- 2 teaspoons basil
- 2 bay leaves whole
- 1 1/2 tablespoons parsley dry
- 2 teaspoons sugar
- 1/4 cup dry red wine
- 6 ounces mushroom sliced
- 2 large eggplant -- 24 slices
- 1/2 cup bread crumbs
- 1/2 cup Panko crumbs

- 1/4 cup parmesan cheese shredded
- 1/2 teaspoon paprika
- 1/2 teaspoon ground oregano
- 1 egg beaten
- 1/4 cup water
- 1/2 pound ricotta cheese
- 1 cup parmesan cheese grated
- 8 ounces mozzarella cheese -- grated
- Saut onions & peppers in oil till softened.

Add garlic & saut 1 minute more. Add tomatoes, sauce and paste. Simmer 30 minutes. Add herbs, sugar, wine and mushrooms. Simmer 30 minutes more. Taste to check seasoning, may add salt if needed. Allow sauce to cool. Once cool puree in blender in small batches till all done. Set aside. Salt and drain eggplant slices. Press with paper towel to dry. Mix dry ingredients in a shallow bowl. Beat together egg and water. Dip eggplant slices in liquid, then coat with crumb mixture. Brown in saut pan until a nice crust forms. Place browned slices onto a stainless baking pan. Top with approx.. 1/8 cup of sauce, then top with the mozzarella cheese. Bake slices in 375 oven approximately 20 minutes or until cheese is brown and bubbly. If this hasnt happened after 20 minutes, turn on broiler and brown for 1 to two minutes. Be careful to pay close attention when broiling so as not to burn