



Keto Greek Moussaka Casserole

Active Time: 35 minutes | **Total Time:** 1.5 hours | **Serves:** 8

Nutrition Information Per Serving

495 calories, 12.64 g carbohydrate, 5.71 g fiber, 6.93 g NET carbs, 26.59 g protein, 37.81 g fat

Ingredients

- 1 cup Thrive Market Organic Marinara Tomato Sauce
- 2 whole (s) organic eggplants, sliced into 1/2 inch rounds
- 3 large(s) organic egg
- 2 clove(s) garlic, minced
- 1 Tbsp dried oregano
- 8 ounce(s) mascarpone cheese
- 4 ounce(s) Parmesan cheese
- 1/2 medium(s) yellow onion, diced
- 4 Tbsp(s) avocado oil
- 1/2 tsp(s) nutmeg
- 1 tsp cinnamon
- 2 Tbsp(s) parsley, chopped
- 1 1/2 tsp(s) sea salt
- 1 1/2 pound(s) pastured ground lamb

Preparation

1. Preheat oven to 375 F. Grease a 9 x 13 baking dish and a large baking sheet.
2. Place sliced eggplant on baking sheet. Brush with half the avocado oil and sprinkle with 1/2 tsp. sea salt. Transfer to oven and bake 10 minutes until softened. Set aside.
3. In a large skillet, add the remaining avocado oil and heat over medium heat. Add the onion and garlic cook, stirring 2 minutes. Add the ground lamb and remaining salt. Cook, stirring and breaking up the meat to cook through.
4. Add the tomato sauce, cinnamon and oregano. Simmer sauce for 15 minutes, stirring.
5. Meanwhile, in a medium bowl, add the mascarpone cheese, eggs, nutmeg and parsley. Blend on medium speed with a hand mixer to combine.
6. To assemble the moussaka, spread a layer of eggplant in the bottom of the casserole dish. Top the eggplant with a layer of meat sauce. Top the meat sauce with the mascarpone mixture, then repeat with remaining ingredients.
7. Spread Parmesan cheese over the top. Turn oven down to 350 F.
8. Transfer moussaka to oven and bake for 45 minutes, or until top is bubbly and golden brown.
9. Let stand for 15 minutes, then slice and serve.

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