

# Skillet Moussaka

## Ingredients

- 1 lb. lean ground beef
- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 2 eggplants, cubed into 1/2 inch pieces
- 2 (14.5 oz) cans diced tomatoes
- 2 teaspoons ground cinnamon
- 4 tablespoons butter, unsalted
- 1/4 cup all-purpose flour
- 16 oz. milk
- 1/3 cup grated Parmesan cheese
- 1 small bunch Italian (flat-leaf) parsley
- salt and pepper, to taste

## Instructions

- Preheat an ovenproof skillet over medium heat.
- Add the ground beef to the skillet; cook, breaking apart with a spoon, until crumbly and browned, 2 to 4 minutes. Once done, transfer the beef to a bowl and leave the juices in the skillet.
- Preheat the oven to broil and position the rack about 6 inches from the top.
- Once the beef has been transferred, add olive oil and the onion to the skillet; cook, stirring frequently, until softened, 3 to 5 minutes.
- Add the garlic, eggplant and diced tomatoes to the skillet; season with cinnamon, salt and pepper to taste. Cook, stirring occasionally, until the eggplant is tender, 8 to 10 minutes.
- While the eggplant cooks, in a small saucepan, melt the butter over medium heat.
- Sprinkle in the flour over the melted butter and whisk until the mixture is smooth, 15 to 30 seconds.
- Slowly pour the milk into the saucepan, whisking constantly. Cook the sauce, whisking constantly, until thickened, 1 to 2 minutes.
- Add the Parmesan to the sauce and season with salt and pepper; stir and remove from the heat.
- Return the ground beef to the skillet and stir in half of the parsley (save the rest for garnishing).
- Drizzle the béchamel sauce over the top of the beef and eggplant mixture.
- Place the skillet in the oven and broil until the dish is browned on top, 1 to 3 minutes.
- To serve, spoon the moussaka into a bowl and sprinkle with the remaining parsley. Enjoy!