

## Stuffed Eggplant Parmesan

2 servings

*NOTE: I will occasionally add ground beef, turkey, pork or a combination of them with this recipe.*

1 eggplant, cut in half lengthwise and hollowed out to ¼ inch flesh rim- coat inside flesh with olive oil

2 Tbsp. Olive Oil

Onion, peppers and garlic chopped

Mushrooms chopped-I like baby portabella

Grated parmesan cheese

Grated pizza cheese-sometimes I add this

Jalapeno, chopped- sometimes I add this

Salt, black and red pepper to taste.

1 large fresh tomato, skinned and seeded, chop

Oregano

basil

Preheat oven to 325 degrees.

Cut the eggplant into small cubes. Put in salted water. Helps to make it sweet and not bitter.

Heat the olive oil in a pan. Sauté the onions, peppers and garlic. Add the mushrooms and whatever other ingredients you want. Cook till almost tender and then add the chopped tomatoes and eggplant and cook and stir until lightly brown. Add grated parmesan cheese. Stir and then stuff the eggplants. Add the grated parmesan or Italian cheese to top of stuffing.

Sometimes I pour a little tomato sauce on top and bottom of pan, if I'm in a hurry...but I rather take onions, peppers, basil, oregano and add a little tomato paste from tube, little water...season and pour on top.

Bake in over 30 minutes, or until cheese is bubbly. Serve immediately.