



## Beef Eggplant Pasta Recipe

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Preparation Time	15
Cooking Time	40
Serving Size	11

### Ingredients:

- 2 Tbsp oil
- 1/3 cup garlic, crushed
- 1/2 cup onion, red sliced
- 400 g beef, ground
- 1 1/4 cup water
- 4 cups eggplant, diced
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 1/2 tsp sugar, white
- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (560g)
- 1 pack DEL MONTE Spaghetti (400g), cooked
- 1 cup cheese, grated

### Preparation:

1. Sauté garlic, onion, and beef. Cook until light brown. Pour in water. Simmer for 10 minutes. Add eggplant, salt, pepper, and sugar to taste. Simmer for 10 minutes.
2. Add DEL MONTE Sweet Style Spaghetti Sauce. Simmer for another 5 minutes.
3. Pour over cooked DEL MONTE Spaghetti. Top with grated cheese just before serving.

### Chef's Tip

Eggplants turn brown when exposed to air after cutting. Avoid discoloration by soaking cut eggplants in water.

### Lusog Notes

This Beef Eggplant Pasta recipe is rich in vitamin B1 that helps the body convert food into energy and it is also a source of protein which helps in building and repairing body tissues.

### Cooking Skills Needed

- Grating
- Sautéing
- Simmering
- Slicing

### Cooking Tools

- Chopping Board
- Colander
- Measuring Cups
- Pot

- Spatula