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Crock Pot Beef & Eggplant Casserole

A delicious and hearty casserole made with beef and eggplant. Perfect for a comforting dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Beef
500 g	eggplant
200 g	onion
2 cloves	garlic
400 g	tomato sauce

2 tbsp	olive oil
1 tsp	salt
1 tsp	pepper
1 tsp	paprika
1 tsp	dried oregano

Directions

Step 1

Preheating

Preheat the crock pot.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Dice the beef, eggplant, onion, and garlic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

In a pan, heat olive oil and sauté the onion and garlic until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Cooking

Add the beef and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Transfer the beef mixture to the crock pot.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Mixing

Add the diced eggplant, tomato sauce, salt, pepper, paprika, and dried oregano to the crock pot.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Slow cooker

Cover the crock pot and cook on low heat for 4 hours.

Prep Time: 0 mins

Cook Time: 127 mins

Step 8

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Picnic

Meal Type

Lunch

Dinner

Supper

Course

Snacks

Appetizers

Main Dishes

Side Dishes

Desserts

Salads

Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Baking

Boiling

Steaming

Simmering

Healthy For

Gastroesophageal reflux disease (GERD)

Celiac disease

Appendicitis

Hepatitis

Difficulty Level

Medium

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