

## CO-OP MEALS

*Under 10 dollars*

### **Eggplant Less-meat Ragout**

Serves 4-6

#### **Shopping List:**

- 1-2 local eggplant, about ½ pound
- 28-ounce can chunky tomato sauce
- ½ pound Co-op natural ground beef
- 1 box Field Day Organic Traditional Fusilli

#### **Pantry items:**

Olive oil and parmesan cheese (optional)

#### **Prep:**

Cut eggplant into ½-¾ inch slices. Chop these either in half or quarters, depending on the width, in order to make uniform pieces.

Brown beef in a large frying pan that has high sides and a lid (to be used in a later step). Remove beef with a slotted spoon and set aside. Drain any excess fat from the pan.

Add a layer of olive oil to the same pan. Heat to medium-low and add eggplant. Saute for 10 minutes, rotating occasionally. Add oil or reduce heat as needed.

Add can of tomato sauce to the pan. Increase heat to bring contents to a simmer, then lower to cook, covered, for 20 minutes. Add browned beef and cook un-covered for an additional 10-15 minutes, or until the eggplant is tender.

While the sauce is cooking, bring a pot of water to boil for the pasta. Cook according to package instructions and set aside.

Serve sauce over pasta with freshly grated parmesan cheese.

## **Tips and Hints**

*From Co-op Nutrition Specialist Hannah Brillling*

### **• What is “seasonal” in fall and winter?**

Buying seasonal produce is one way to keep food costs down, but can be difficult in New England during the winter and spring. Consider this recipe a primer for later months: Canned and frozen produce are sustainable options in our cold climate throughout most of the year, when fresh isn't readily available except when shipped from far-away lands.

We have local onions, carrots, beets, potatoes, and even apples far into the winter and spring, thanks to stellar storage technology and some great farms.

*Image by Janko Ferlic on Unsplash.com*



**CO-OP**  
FOOD STORES