
EGGPLANT MOZZARELLA



INGREDIENTS:

1 eggplant

2 small rolls of mozzarella cheese

*Spicy tomato sauce * (you can of course make your own but this is more a “throw it in the crock pot and run)*

Panko bread crumbs

Eggs

PLEASE CONSIDER ANY ALLERGIES BEFORE PREPARING THIS RECIPE

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METHOD:

- 1. Slice the eggplant and salt it to remove the bitterness.*
- 2. Set it to one side while you scramble an egg or two*
- 3. Take the eggplant and dip it in the egg and dredge it with panko bread crumbs.*
- 4. (I do not grill or fry the eggplant and I rather like it this way)*
- 5. Spray the inside of the crock pot with Pam or some cooking spray.*
- 6. Put a small amount of the sauce in the bottom of the Crockpot*
- 7. Place two layers of eggplant on the sauce*
- 8. Slice the mozzarella and put a layer on top of the eggplant.*
- 9. Cover with more sauce.*
- 10. Repeat this process, I don't recommend filling it to the top, as it can get messy.*
- 11. Cook on low for 4 to 5 hours.*
- 12. Let it cool before serving,*