



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Rigatoni With Beef and Eggplant Ragu

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Ingredients

- 8 ounce(s) pasta, whole-wheat, rigatoni or penne
- 1/2 pounds beef, lean ground, 92%-lean
- 4 clove(s) garlic, chopped
- 1/2 teaspoon fennel seed
- 3 cup(s) eggplant, diced, (about 1/2 medium)
- 2 teaspoon oil, olive, extra virgin
- 16 ounce(s) tomato sauce, no added salt
- 1 cup(s) wine, dry red
- 1 tablespoon oregano, fresh, chopped, or 1/2 teaspoon dried
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, black ground
- 2 teaspoon nuts, pine nuts, toasted
- 1/2 cup(s) cheese, feta, crumbled, (optional)



Preparation

1. Bring a large pot of water to a boil. Cook pasta according to package directions.
2. Meanwhile, cook beef, garlic and fennel seeds in a large nonstick skillet over medium heat, until the beef is browned, about 3 minutes. Add eggplant and oil; cook, stirring occasionally, until the eggplant browns, about 5 minutes. Add tomato sauce and wine; cook, stirring occasionally, until the sauce thickens, about 10 minutes. Stir in oregano, salt and pepper.
3. Drain the pasta; serve topped with the sauce and sprinkled with pine nuts and feta, if using.