

# 13 Ground Pork and Eggplant



Eggplants, cut into thick slices	2	1 kg
Eggs, beaten	2	100 g
Bread crumbs	125 ml	½ cup 60 g
Parmesan cheese, grated	30 ml	2 tablespoons 15 g
Onions, chopped	2	300 g
Mushrooms, sliced	250 ml	1 cup 75 g
Green peppers, diced	2	330 g
<b>Ground pork, extra lean (97262)</b>	2 lbs.	900 g
Vegetable oil	20 ml	4 teaspoons 20 g
Whole kernel corn, canned and drained	2 cans (284 ml / 10 oz)	
Cream of tomato soup, canned	2 cans (284 ml / 10 oz)	
Tabasco sauce	2 drops	
Salt and pepper	To taste	

: 10  
 : 15 minutes  
 : 36 minutes  
 : yes

Nutrition Facts	
For 1 portion (380 g)	
Amount	% Daily Value
<b>Calories</b> 310	
<b>Fat</b> 15 g	23%
Saturated 4.5 g	
+ trans 0.2 g	24%
Polyunsaturated 1 g	
Omega-6 1 g	
Omega-3 0.2 g	
Monounsaturated 2 g	
<b>Cholesterol</b> 95 mg	32%
<b>Sodium</b> 400 mg	17%
Potassium 330 mg	9%
<b>Carbohydrates</b> 21 g	7%
Fibre 3 g	12%
Sugar 5 g	
<b>Protein</b> 23 g	
Vitamin A 29 RE	2%
Vitamin C 5 mg	8%
Calcium 47 mg	4%
Iron 1.3 mg	10%
Phosphorus 90.9 mg	8%

- Preheat oven to 180 °C (350 °F).
- Brush tops of eggplant slices with beaten eggs.
- In a small bowl, mix bread crumbs with Parmesan cheese and dip egg-coated eggplant slices into the mixture.
- Place eggplant slices on a cookie sheet and bake in preheated oven for 20 to 25 minutes, turning once during cooking.
- Cook onions, mushrooms, green peppers and pork in oil for 8 minutes, stirring constantly.
- Add corn, cream of tomato soup and seasonings. Simmer for 3 minutes.
- Serve pork mixture over broiled eggplant slices.

## Chef's Remarks

An original recipe that is quite delicious.  
 replacement product : ground turkey (97272).

## Canada's Food Guide Portions

2 servings of vegetables and fruit  
 + 1 ½ servings of meat and alternatives.



## Olymel Product Allergens

\*Contains : none

## Food Exchange System

⅔ serving of starch  
 + 2 servings of vegetables  
 + 2 ¼ servings of meat and alternatives  
 + 1 ⅓ servings of fat.

\*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)

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