

Pastitsio - Greek Meat and Pasta Casserole by Lynn's Recipes



Lynn demonstrates how to make Pastitsio, a Greek meat and pasta casserole. Great for dinner and easy to make. From Taste of Home.

Ingredients:

- 1 package (7 ounces) uncooked elbow macaroni
- 1 pound of ground beef or lamb
- 1 medium onion, chopped
- 1 garlic clove, chopped
- 1 can (8 ounces) tomato sauce
- 1 teaspoon salt, divided
- ¼ teaspoon dried oregano
- ⅛ teaspoon black pepper
- ¼ teaspoon ground cinnamon, optional
- ½ cup grated Parmesan cheese, divided
- 3 Tablespoons butter
- 3 Tablespoons all purpose flour
- 1-1/2 cups milk
- 1 egg, lightly beaten

Preheat oven to 350°.

Cook macaroni according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain, if necessary. Stir in the tomato sauce, ½ teaspoon, oregano, pepper and cinnamon, if desired; heat through.

Pastitsio - Greek Meat and Pasta Casserole by Lynn's Recipes

Drain macaroni; place half of macaroni in a greased 8 or 9 inch square baking pan that has been sprayed with cooking spray. Sprinkle with ¼ cup of the Parmesan cheese. Layer with meat mixture and remaining macaroni. Set aside.

In a small saucepan, melt butter; stir in flour and remaining salt until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened.

Remove from heat. Stir a small amount of the hot mixture into the egg; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes. Remove from heat; stir in remaining cheese. Pour sauce over macaroni.

Bake, uncovered, at 350° for 30-35 minutes or until golden brown. Let stand for 10 minutes before serving.

4 servings

[Comment or watch this Recipe on You Tube](#)

Follow me on:

[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

Lynn's Recipes: January 2013
www.lynnrecipes.com

[Click here for a handy Conversion Chart](#)