



Pastitsio

ingredients

- 1-1/2 lb. ground beef
- 1 cup onion, chopped
- 1 - 16 oz. can crushed tomatoes
- 1 - 6 oz. can tomatoe paste
- 1/4 tsp dried thyme
- 1 tsp salt
- 1 - 7 oz package elbow macaroni
- 4 eggs, separated
- 1/2 cup feta cheese, cubed
- 1/2 cup butter
- 1/2 cup flour
- 1/4 tsp cinnamon
- 1 tsp salt
- 4 cups milk

directions

- In a skillet saute the beef and onions until meat is brown
- Add undrained tomatoes, tomato paste, thyme and salt
- Simmer, covered for 30 minutes stirring often
- Cook macaroni according to instructions on package
- Drain well and add slightly beaten egg whites and feta cheese
- Stir into the meat mixture
- Turn into greased 9x13x2 inch pan
- In a large saucepan make a roux, melt the butter, stir in the flour, cinnamon and salt
- Add the milk all at once stirring constantly until thickened and bubbly
- Remove from heat

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directions

- Slightly beat the egg yolks in a pan and add 1/2 cup of the sauce mixing all the time
- Gradually add the egg yolk mixture back into the sauce stirring rapidly
- Pour over the meat macaroni mixture
- Sprinkle with additional cinnamon
- Bake at 375° for 35 minutes or until heated through
- Let stand 10 minutes before serving