

Handy-Dandy Shopping List – Stuffed Eggplant

Recipe from www.idiotskitchen.com



1 large or 2 small Eggplants (*look for eggplants that are firm and shiny without bumps or dimples)

1 large onion

8 ounces fresh mushrooms

3-4 cloves garlic

1 pound Italian sausage (3 links = approximately 1 pound)

1 (15 ounce) can tomato sauce

2-3 Tablespoons olive oil

½ cup grated Parmesan or Romano cheese

Mozzarella cheese – grated (approximately 2 cups)

Dried fennel seeds – (*found in the spice section)

Dried oregano

Dried basil

Salt & pepper