



Classic GREEK PASTITSIO

HEARTY • COMFORTING • DELICIOUS

A beloved Greek baked pasta casserole with tender pasta, savory spiced meat sauce, and a creamy béchamel topping.



INGREDIENTS

FOR THE MEAT SAUCE:

- 1 lb (450 g) ground beef or lamb
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 Tbsp olive oil
- 1 (14 oz) can crushed tomatoes
- 2 Tbsp tomato paste
- 1 tsp ground cinnamon
- 1 tsp dried oregano
- ½ tsp ground allspice
- Salt and black pepper, to taste
- ¼ cup red wine (optional)
- ¼ cup chopped fresh parsley

FOR THE PASTA:

- 12 oz (340 g) pastitsio or penne pasta
- Salted water for boiling

FOR THE BÉCHAMEL SAUCE:

- 4 Tbsp unsalted butter
- ¼ cup all-purpose flour
- 3 cups whole milk
- 2 large eggs
- ½ cup grated Parmesan cheese
- ¼ tsp ground nutmeg
- Salt and white pepper, to taste

BEST SERVED WITH:

- Greek Salad
- Garlic Bread
- Roasted Vegetables
- Lemon Wedges



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- NATURAL INGREDIENTS
- FAITH INSPIRED
- HERBAL LIVING
- MADE WITH LOVE



DIRECTIONS

- PREPARE PASTA:** Cook pasta in salted boiling water until al dente. Drain and set aside.
- MAKE MEAT SAUCE:** In a large skillet, heat olive oil over medium heat. Add onion and cook until soft, about 5 minutes. Add garlic and cook 1 minute more. Add ground meat and cook until browned.
- STIR IN TOMATOES & SPICES:** Add crushed tomatoes, tomato paste, cinnamon, oregano, allspice, salt, pepper, wine (if using), and parsley. Simmer uncovered for 20–25 minutes until thick. Set aside.
- PREPARE BÉCHAMEL:** In a saucepan, melt butter over medium heat. Whisk in flour and cook 1–2 minutes until lightly golden.
- GRADUALLY** whisk in milk until smooth and thickened. Remove from heat. Let cool slightly.
- WHISK IN EGGS & CHEESE:** In a bowl, beat eggs lightly. Slowly whisk in a few spoonfuls of the warm sauce to temper. Then whisk back into the sauce with Parmesan, nutmeg, salt, and white pepper.
- ASSEMBLE:** Preheat oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish. Layer pasta, then meat sauce, then béchamel on top.
- BAKE:** Bake uncovered for 40–45 minutes, or until golden brown and bubbly.
- REST:** Let rest 10–15 minutes before slicing and serving.

CHEF CHERYL'S TIPS

- For extra flavor, add a pinch of cloves to the meat sauce.
- Use whole milk for a creamy béchamel.
- Letting it rest helps the layers set perfectly for serving.

Proverbs 15:17
(KJV)

"Better is a dinner of herbs where love is, than a stalled ox and hatred therewith."



Everything Herbal by Cheryl Jabz
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