



Plantain Casserole

3 medium plantain bananas
1 tablespoon dark brown sugar
1 pound ground beef
1 medium yellow onion, finely chopped
3 garlic cloves, minced
1/4 cup chopped bell peppers
1- 14.5 oz. can diced tomatoes
1 tablespoon tomato sauce
2 tablespoons parsley, minced
2 teaspoons dried oregano
1/2 cup water
2 hard boiled eggs, peeled and sliced
Olive oil
Salt & Pepper

First I want you to wash and cut the plantains into 3 inch pieces.

Place them into a pot and cover them with water. Add brown sugar and cook for 20 minutes until plantains are soft. Remove them from the pot, let them cool down and peel them. Mash them and remove the hard inner cord.

Preheat the oven to 350 degrees.

Next, heat a skillet. Season the meat with salt and pepper. Brown and drain the fat. Set aside. Wipe down the skillet and add 2 tablespoons olive oil. Add the onion and cook for 3 minutes. Add the garlic and peppers. Cook for another 3 minutes, occasionally stirring. Add the parsley and oregano. Mix well. Cook for another 3 to 4

minutes until onions start to brown. Add the tomatoes with their juice, the tomato paste and the water. Mix well. Return the beef to the skillet and season with salt and pepper to taste. Mix well. Simmer for 20 minutes.

Butter a casserole pan and add the meat. Layer with slices eggs. Top with mashed plantains. Place in oven and cook for 25 to 30 minutes. Serve and enjoy!

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