

## Hearty Stuffed Eggplant with Beef and Marinara - Oven-Baked Perfection

Savory Baked Eggplant with Meat Filling - Comfort Food Meets Veggie Power



**OVEN**  
**375°F**

**TIME**  
**25 min**

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### INGREDIENTS

- 2 medium eggplants
- 1 lb ground beef or turkey
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 cup marinara sauce
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 tsp dried oregano
- Salt and pepper to taste
- Olive oil for drizzling

### DIRECTIONS

- 1. Preheat & : Prep Eggplant:**Preheat your oven to 375°F (190°C). Slice each eggplant in half lengthwise. Scoop out the flesh using a spoon, leaving about a 1/2-inch border to form a shell. Place on a baking sheet, drizzle with olive oil, and roast for 20-25 minutes until just tender.
- 2. Make the : Filling:**In a large skillet over medium heat, cook your ground meat with diced onion and minced garlic until browned. Drain off any excess fat.
- 3. Flavor : Boost:**Stir in marinara sauce, oregano, salt, and pepper. Let simmer for 5 minutes, allowing the flavors to come together.
- 4. Stuff the : Boats:**Remove the eggplants from the oven and fill each half generously with the meat mixture.
- 5. Top with : Cheese:**Sprinkle shredded mozzarella and grated Parmesan over the tops.
- 6. Final : Bake:**Return to the oven and bake for 10-15 minutes, or until the cheese is melted, bubbly, and golden.
- 7. Serve : Hot:**Garnish with fresh parsley or a sprinkle of red pepper flakes if desired. Serve immediately.

### SWAPS & NOTES

**Meat Choices:** Ground chicken, sausage, or even a plant-based meat substitute work well.

**Cheese Options:** Try provolone, gouda, or even feta for a fun twist.

**Sauce Upgrade:** Use homemade, like in this [Classic Spaghetti Recipe](#), for next-level flavor.

**Instructions Preheat & Prep Eggplant:** Preheat your oven to 375°F (190°C).

## TIPS FOR SUCCESS

Use a spoon or melon baller to scoop out the eggplant flesh cleanly.

Pre-roasting the eggplant ensures it's perfectly tender and won't be watery.

Don't overfill -you want the filling to be heaped but not spilling over the sides.

For extra crispiness, broil the stuffed eggplants for the final 2-3 minutes.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/hearty-stuffed-eggplant-with-beef-and-marinara-oven-baked-perfection/>