

Baked Stuffed eggplant Bolognese

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If you're craving something cozy and comforting, this **Baked Stuffed Eggplant Bolognese** is just the thing. Tender roasted eggplant halves are hollowed slightly and filled with a rich, slow-simmered Bolognese sauce. A spoonful of creamy béchamel goes over the top, followed by plenty of shredded mozzarella. Once it's baked until bubbly and golden, you get a rustic Italian dish that's hearty, satisfying, and full of bold flavor. It's a simple way to turn everyday ingredients into something special—perfect for Sunday dinner, family gatherings, or whenever you're in the mood for a warm, homemade meal.

Things to know about this baked stuffed eggplant Bolognese recipe

Choose the right eggplant: Look for firm, glossy eggplants with minimal bruising. The larger the eggplant, the more room you'll have for stuffing—but make sure it's not overly seedy inside. After roasting, scoop out just enough flesh to create a space for the filling while still keeping the structure intact. You can chop up the scooped-out flesh and stir it into the Bolognese if you like—no waste here!

Make-ahead friendly: This is a great recipe to prep in stages. You can roast the eggplant, cook the Bolognese, and even make the béchamel a day ahead. When you're ready to serve, just

assemble, bake, and dinner's done. Leftovers reheat beautifully, too.

Use what you have: This recipe is flexible. If you don't have ground pork, all beef works fine. No red wine? Skip it or splash in a little broth. You could also make it vegetarian by swapping in a hearty lentil ragu or mushroom sauce—still delicious, still cozy.

Don't skimp on the béchamel: The creamy béchamel brings the whole dish together, adding richness and balance to the savory meat sauce. I like to sprinkle in a little Parmesan to give it an extra layer of flavor, but it's totally optional.

Serving ideas: Serve these eggplant boats with a crisp salad or warm garlic bread to round out the meal. They're hearty enough to be the star of the show, but they also work well as a side if you're doing a bigger Italian spread.

This baked stuffed Eggplant Bolognese, is everything I love in a comforting Italian-inspired dish—rich, cheesy, satisfying, and layered with flavor. It's the kind of meal that brings everyone to the table and gets them asking for seconds. Whether you're making it for Sunday dinner or a cozy weeknight treat, it's a dish that never disappoints.

If you love cooking with eggplant as much as I do, be sure to check out some of my other favorite eggplant recipes! From Pan-fried eggplant cutlets (Milanese Style) to classic Italian **Eggplant Parmesan**, there's plenty of inspiration waiting for you. ENJOY!!!

Ingredients

For the Eggplant:

- 2 large eggplants, halved lengthwise
- 2 Tbsp. Olive oil
- 2 Teaspoon Paprika
- Salt & pepper

For the Bolognese (about 2 cups):

- 2 tbsp olive oil
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 2 garlic cloves, minced
- 1/2 lb. ground beef
- 1/2 lb. ground pork (or all beef)
- 2 Tbsp tomato paste
- 2 cups. crushed tomatoes
- ½ cup red wine (optional)
- Salt & pepper, to taste
- 1 tsp dried oregano or Italian seasoning
- Fresh basil (optional)

For the Béchamel:

- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1½ cups milk, warmed

- Pinch of nutmeg
- Salt & pepper, to taste
- 2 tbsp grated Parmesan (optional)

Topping:

- 1 cup shredded mozzarella
 - 1/2 cup grated Parmesan
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Instructions

1. Roast the Eggplant:

1. Preheat oven to 400°F (200°C).
2. Score the eggplant flesh in a crisscross pattern. Drizzle with olive oil, season with paprika, salt and pepper.
3. Place on a baking sheet. Roast for 25–30 minutes, until tender.
4. Once cooled slightly, scoop out some of the flesh to create a “boat,” leaving about $\frac{1}{2}$ inch of eggplant.

2. Make the Bolognese:

1. In a large skillet, heat olive oil over medium heat. Add onion, carrot, celery, and cook until soft (6–8 minutes).
2. Add garlic, then the ground meats. Cook until browned.
3. Stir in tomato paste; cook 1–2 minutes. Deglaze with

wine (if using).

4. Add crushed tomatoes, seasoning, and let simmer for 25–30 minutes, stirring occasionally. Adjust seasoning.

3. Make the Béchamel:

1. Melt butter in a saucepan. Stir in flour to form a roux; cook 1–2 minutes.
2. Gradually whisk in warm milk until smooth.
3. Simmer gently until thickened, 4–5 minutes. Season with salt, pepper, nutmeg, and Parmesan.

4. Assemble & Bake:

1. Lower oven to 375°F (190°C).
2. Place roasted eggplant halves in a baking dish.
3. Fill each with warm Bolognese sauce.
4. Spoon béchamel generously over the top.
5. Sprinkle mozzarella and extra Parmesan over each.
6. Bake for 20–25 minutes, until bubbly and golden.
7. Optional: Broil for 2–3 minutes at the end for extra browning