

INGREDIENTS

- 1 tbsp Olive Oil
- ½ Onion, peeled and diced
- 1 clove Garlic, minced
- 1 Bell Pepper, seeded and chopped
- 2, 14 oz cans Diced Tomatoes
- 2 tbsp Tomato Paste
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1 tsp Paprika
- Pinch of Cayenne Pepper
- Pinch of Sugar (optional)
- Salt and Pepper, to taste
- 6 eggs
- ½ tbsp Fresh Parsley, chopped (optional)

DIRECTIONS

1. Heat a large skillet or sauté pan on medium and slowly warm olive oil in the pan. Add chopped onion, sauté for few minutes until it begins to soften. Add garlic and continue to sauté until mixture is fragrant.
2. Add the diced bell pepper, sauté for 5-7 minutes until softened.
3. Add diced tomato and tomato paste, stir until blended. Add all the spices and sugar, stir, and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce.
4. Add more spice according to your preferences.
5. Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. The eggs will cook “over easy” style on top of the tomato sauce
6. Cover the pan. Allow the mixture to simmer for 10-15 minutes, or until eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn’t reduce too much, which can lead to burning.
7. Garnish with chopped parsley.



Shakshuka

Dairy-Free | Gluten Free | High Protein | Vegetarian

Yield:
6 Servings

Prep Time:
15 Min

Cook Time:
45 Min

NUTRITION FACTS

Calories:
129 kcal

Fat:
7 g

Carbohydrate:
10 g

Fiber:
2 g

Protein:
7 g