

Shakshuka (North African Poached Eggs)

Servings: 5

Diet: Vegetarian & Gluten-Free

Ingredients

- 1 tablespoon oil
- 1 small onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 (28 ounce) can diced tomatoes, no salt added, drained
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 5 eggs

Instructions

STEP 1: Heat the oil in a large pan over medium heat. Add the onion and peppers cook until soft, about 5-10 minutes. Add garlic and cook for 1 more minute.

STEP 2: Add the tomatoes and spices and bring to a simmer for 5-10 minutes or until a thick sauce forms.

STEP 3: Using the back of a spoon, form 5 wells in the sauce. Break eggs directly into the wells, cover and cook for 5-8 minutes, or until the eggs are done to your liking. Serve warm.



- **Try this!** Garnish with fresh cilantro or parsley, and serve with pita bread or over brown rice.
- **Shopping Tip:** Choose no salt added canned tomatoes to lower sodium content.



Per Serving: 150 Calories | 12g Carbs | 6g Sugar | 4g Fiber | 8g Fat (2g Sat Fat) | 8g Protein | 330mg Sodium
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