

Baked Eggs or Shakshuka



PREP TIME: 10 mins
COOK TIME: 20 mins
TOTAL TIME: 30 mins
SERVINGS: 6 servings

INGREDIENTS

- ☐ 1 medium onion, diced
- ☐ 1 red bell pepper, seeded and diced
- ☐ 4 garlic cloves, finely chopped
- ☐ 2 tsp paprika
- ☐ 1 tsp cumin
- ☐ 1/4 tsp chili powder
- ☐ 1 28-ounce can whole peeled tomatoes
- ☐ 6 large eggs
- ☐ Salt and pepper, to taste
- ☐ 1 small bunch fresh cilantro, chopped
- ☐ 1 small bunch fresh parsley, chopped

METHOD

- 1:** Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
- 2:** Add garlic and spices and cook an additional minute.
- 3:** Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
- 4:** Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5–8 minutes, or until the eggs are done to your liking.
- 5:** Garnish with chopped cilantro and parsley.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.