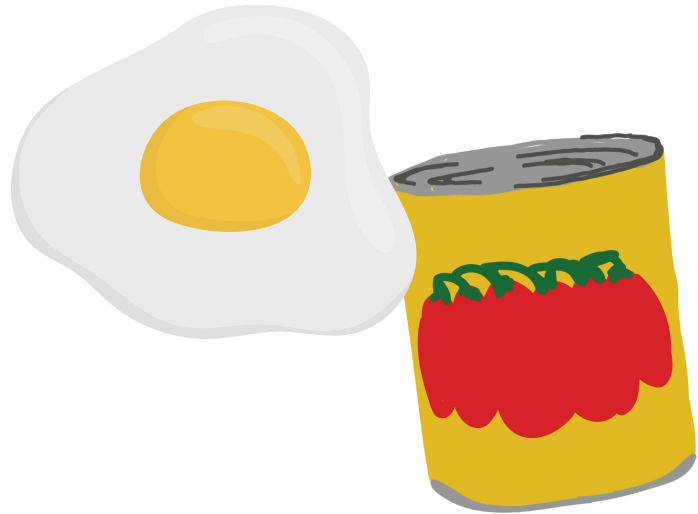


# Shakshuka

Serves 6

## Ingredients:

- 1 Tablespoon olive oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 green pepper, diced
- (1) 28-ounce can diced tomatoes
- 2 Tablespoons tomato paste
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon black pepper
- 6 eggs
- Fresh parsley, chopped (optional, for garnish)



## Instructions:

1. Heat skillet to medium high and add olive oil and diced onion. Sauté until the onion begins to soften slightly, about 4 minutes.
2. Add garlic and sauté for 2 minutes until the mixture is fragrant.
3. Stir in green pepper and cook for 4 minutes.
4. Add canned tomatoes, tomato paste, chili powder, cumin, paprika, cayenne pepper, and a pinch of salt and pepper. Stir well, cover, and bring to a simmer for 20 minutes, stirring occasionally.
5. Meanwhile, crack eggs into a few small bowls to ensure there are no shells, keeping yolks whole.
6. Once the sauce has thickened, reduce heat and create 6 small wells in the sauce. Add one egg to each well and cover.
7. Poach the eggs in the sauce until the yolks are cooked through. Garnish with chopped parsley.
8. Serve warm with your favorite toast or on top of your favorite grain!

# Shakshuka

Serves 6



| Shakshuka   |                       |      |
|---|-----------------------|------|
| <b>Nutrition Facts</b>  |                       |      |
| <b>Serving Size</b>   | <b>1 × 6 Serving</b>  |      |
| <b>Amount Per Serving</b>   |                       |      |
| <b>Calories</b>   | <b>141.9</b>          |      |
|   | <b>% Daily Value*</b> |      |
| <b>Total Fat</b>  | 7.2 g                 | 9 %  |
| Saturated Fat   | 1.8 g                 | 9 %  |
| Trans Fat   | 0 g                   |      |
| <b>Cholesterol</b>  | 164.1 mg              | 55 % |
| <b>Sodium</b>   | 293 mg                | 13 % |
| <b>Total Carbohydrate</b>   | 11.6 g                | 4 %  |
| Dietary Fiber   | 3.5 g                 | 13 % |
| Total Sugars  | 5.7 g                 |      |
| Added Sugars  | 0 g                   | 0 %  |
| <b>Protein</b>  | 7.6 g                 |      |
| Vitamin D   | 1 mcg                 | 5 %  |
| Calcium   | 40.6 mg               | 3 %  |
| Iron  | 1.4 mg                | 8 %  |
| Potassium   | 471 mg                | 10 % |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |      |
| <a href="https://cronometer.com">Full Info at cronometer.com</a>  |                       | </>  |