



Shakshuka

Ingredients

- 1 tablespoon olive oil
- 1 large yellow onion, chopped (or 1 cup frozen)
- 1 large red bell pepper, chopped
- 3 cloves garlic, minced (fresh or jarred)
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon red pepper flakes
- 28 ounce can crushed tomatoes
- Salt and pepper, to taste
- 5 to 6 large eggs
- ½ cup crumbled feta
- Crusty bread or pita, for serving

Instructions

- Warm the oil in a large skillet over medium heat. Once shimmering, add the onion and bell pepper. Cook, stirring often, until the onions are tender and turning translucent, about 4 to 6 minutes.
- Add the garlic, tomato paste, cumin, paprika and red pepper flakes. Cook, stirring constantly, until fragrant, 1 to 2 minutes.
- Pour in the crushed tomatoes with their juices. Stir, and let the mixture come to a simmer. Season with salt and pepper, as desired. Reduce the heat as necessary to maintain a gentle simmer, and cook for 5 minutes to give the flavors time to meld.
- Using a wooden spoon, make 5 to 6 indentations, or “wells,” in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.
- Reduce the heat to low, cover the skillet and cook until the egg whites are set, about 8 to 10 minutes.
- Sprinkle with feta and serve with warm pita or crusty bread of choice.

MAKES 6 SERVINGS. NUTRITION PER SERVING: CALORIES: 175 | CARBOHYDRATES: 10G | PROTEIN: 9G | FAT: 10G | FIBER: 3G

ADAPTED FROM COOKIE AND KATE