



Shakshukah

A quick, one-pan dish that is satisfying and healthy.

Ingredients

1 medium onion, chopped
1 red bell pepper, chopped
3 cloves garlic, sliced very thin
2 TBSP extra virgin olive oil

Seasonings – I don't usually measure, but about a teaspoon of everything except the red pepper flakes, which should be less

Chili powder
Cumin
Red pepper flakes
Kosher salt
Freshly ground black pepper
2 TBSP tomato paste

14 oz can tomatoes, petite diced or chopped
½ tsp sugar

4 eggs

Handful fresh parsley, chopped



Directions

1. In a medium frying pan that has a lid, on medium heat, sauté onion, pepper & garlic in olive oil until onions begin to soften.
2. Add dry spices and tomato paste; stir until veggies are coated and continue to cook until spices are fragrant.
3. Add canned tomatoes and sugar. Bring to a boil; turn way down to a simmer, cover and let cook for about 20 minutes. Check to make sure it is simmering gently and not burning or evaporating. (If there isn't enough liquid, add a little tomato juice or a tiny bit of water.)
4. After 20 minutes, toss in parsley and stir to combine.
5. Add eggs. Use the back of a large spoon to make an indentation in the sauce, break an egg into a small cup (check for blood spots) and gently pour egg into indentation. Repeat with other 3 eggs.
6. Turn up heat just a bit; cover and cook for about 8 to 10 minutes, checking first after 4 minutes and then every couple of minutes after. Egg whites should be cooked through. Yolks can be slightly runny or cooked completely through – depends how you like your eggs.

Serve with pita or toast.