

SHAKSHUKA EGGS

INGREDIENTS

ITEM	QUANTITY
Large Eggs	8
Olive Oil	1 Tbsp.
Chopped Green Bell Pepper	1 Cup
Canned Diced Tomatoes, with no onion or garlic added	1½ Cups
Smoked Paprika	1 Tsp.
Ground Cumin	1 Tsp.
Chili Powder	½ Tsp.
Dried Oregano	½ Tsp.
Salt	½ Tsp.
Black Pepper	¼ tsp.
Crumbled Feta	¼ Cup
Chopped Fresh Parsley	2 Tbsp.
Chopped Fresh Cilantro	2 Tbsp.

SERVING SIZE **2 EGGS WITH ABOUT ¾ CUP SAUCE**

PREPARATION

- Heat the olive oil in a large skillet over medium heat.
- Add the green bell pepper and cook for 4–5 minutes, until softened.
- Add the tomatoes, smoked paprika, cumin, chili powder, oregano, salt, and pepper.
- Simmer for 8–10 minutes, until the sauce thickens slightly.
- Make 8 small wells in the sauce and crack an egg into each.
- Cover and cook for 5–7 minutes, or until the egg whites are set and the yolks reach your preferred doneness.
- Sprinkle with feta, parsley, and cilantro.
- Serve warm.

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