

SHAKSHUKA

275 Calories per Serving | Makes 3 Servings

INGREDIENTS

- 1 tbsp EVOO
- 1/2 white onion, diced
- 2 cloves garlic, minced
- 1 red or green bell pepper, chopped
- 4 cups ripe diced tomatoes OR 2 cans diced (14 oz)
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- Dash of cayenne pepper
- Salt & pepper to taste
- 6 eggs
- 1 Tbsp Fresh parsley, chopped

DIRECTIONS

1. Heat oil in a cast iron skillet on medium. Add onion and sauté until soft. Add garlic and sauté for a couple minutes. Then add bell pepper and sauté approximately 7 minutes.
2. Add the tomatoes and tomato paste, stir until blended. Then add in spices, mix well, then simmer for 5-7 minutes until it starts to reduce. Add salt & pepper to taste.
3. Crack the eggs one at a time directly over the tomato mixture, spacing them evenly over the sauce. The eggs will cook 'over easy' on top of the sauce. Cook until desired doneness.
4. Garnish with chopped parsley.

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SHOPPING LIST

- Extra Virgin Olive Oil
- 1 White Onion
- Bulb of Garlic
- 1 red or green bell pepper
- 4-6 fresh tomatoes OR 2 cans diced tomatoes (14 oz)
- Tomato paste
- Chili powder
- Cumin
- Paprika
- Cayenne pepper
- Eggs
- Fresh parsley