

ShakShuka

Portions: 3

Ready in: 15 minutes

Ingredients:

- 1 tbsp olive oil
- ½ onion, diced
- 1 red bell pepper, seeded and diced
- 1 clove garlic, finely chopped
- 1 Tbsp Sodium free spice blend
- 1 14-ounce can of unsalted tomatoes
- 3 large eggs
- ½ cup cilantro, chopped
- ½ cup parsley, chopped



Instructions:

1. Heat oil in a large saute pan on medium heat.
2. Add chopped pepper, onion, garlic and spices. Cook until onions are translucent.
3. Add the can of tomatoes plus juice. Simmer for 5 minutes.
4. Crack eggs into the mixture, either breaking the yolk, or leaving yolks intact, as preferred.
5. Cook eggs for 8 minutes.
6. Top with chopped cilantro and parsley.