

INGREDIENTS:

Shakshuka:

- 28 oz Can crushed tomatoes
- 3 Tbsp (42g) butter
- 1 bell pepper
- 1 onion
- 4 cloves garlic
- 6 eggs
- 1 tsp ground 2g cumin
- 1 tsp 2g sweet paprika
- 1/2 tsp (1g) cayenne
- Salt pepper to taste
- Optional cilantro for garnish
- Whole grain toast for serving

Shakshuka Method:

1. Start by slicing the bell peppers and sweet onions.
2. In a large saucepan, melt unsalted butter and add in the bell peppers, onions, and garlic once the butter is bubbling. Season with salt and pepper. Cook over medium heat.
3. Once vegetables are soft, add in cumin, sweet paprika, and cayenne powder. Saute until fragrant.
4. Add in a can of crushed tomatoes. Stir together until combined and bring to a simmer.
5. Crack in the eggs into small indentations made in the sauce. Place into a preheated 375 F oven for 7-10 minutes.
6. Garnish with feta and cilantro and serve.