

Red Shakshuka

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 1 small yellow onion, finely chopped
- 1 small red bell pepper, finely chopped
- 4 garlic cloves, minced
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1/2 teaspoon chili powder (such as cayenne) — optional
- 1 can (28 oz/794 grams) whole peeled tomatoes
- 8 eggs
- Chopped parsley or chopped cilantro, for garnish
- Crumbled feta cheese — optional
- Salt and pepper, to taste

Instructions:

1. Heat the Oil:

- In a large pan, heat the olive oil over medium heat.

2. Cook the Vegetables:

- Add the chopped onion and red bell pepper. Cook, stirring occasionally, for 5 to 6 minutes, until the onion is softened and translucent.

3. Add the Garlic and Spices:

- Add the minced garlic to the pan. Stir and cook for 1 to 2 minutes. If the mixture seems too dry, add a little more oil.
- Make a small well in the middle of the pan and add the paprika, cumin, and optional chili powder. Mix everything together and cook for another 1 to 2 minutes.

4. Add the Tomatoes:

- Pour in the canned whole peeled tomatoes, including their juice. Break them up with your spatula as they cook. Allow the tomatoes to simmer for 10 to 15 minutes, stirring occasionally. Season with salt and pepper to taste.

5. Cook the Eggs:

- Make 8 small wells in the tomato sauce and carefully crack an egg into each one. Work quickly so the eggs cook evenly.
- Cover the pan and cook for about 10 minutes, or until the eggs are cooked through to your desired doneness.

6. Garnish and Serve:

- Sprinkle the top with chopped parsley or cilantro and crumbled feta cheese, if using.
- Serve the shakshuka hot, scooping out the poached eggs with some sauce onto a plate. Enjoy with pita bread or your preferred type of bread.

Nutritional Breakdown (per serving):

- **Calories:** 288 kcal
- **Total Fat:** 19g
 - **Saturated Fat:** 4g
- **Cholesterol:** 372mg
- **Sodium:** 390mg
- **Total Carbohydrates:** 15g
 - **Dietary Fiber:** 4g
 - **Sugars:** 8g
- **Protein:** 15g

This nutritional breakdown is calculated with the optional feta cheese included. Adjustments can be made based on portion sizes or ingredient variations.