



Shakshuka - Day 4 Recipe

Courtesy of Mary I.; modifications in red by Laura McKay, B.S., Health Educator

Ingredients:

- 1 tbsp olive oil (can use ghee/butter or sesame oil for Day 4)
- ½ medium brown or white onion, peeled and diced
- 1 clove garlic, minced
- 1 medium green or red bell pepper, chopped
- 4 cups ripe diced tomatoes, or 2 cans (14 oz. each) diced tomatoes
- 2 tbsp tomato paste
- 1 tsp chili powder (mild)
- 1 tsp cumin
- 1 tsp paprika
- Pinch of cayenne pepper (or more to taste-- spicy!)
- Pinch of sugar (optional, to taste)
- Salt and pepper to taste
- 5-6 eggs
- 1/2 tbsp fresh chopped parsley (optional, for garnish)

Here is a recipe from one of our own AETC patients... Shakshuka! Mary I. shared this recipe with me after the publication in the Mar/Apr newsletter for Baked Eggs in Whole Roasted Tomatoes. This recipe is from a friend in Israel. Mary says, "I like this method of preparing eggs... can feed a group easily and can be put in the oven to bake as well. Everyone can help themselves. When cooked in the oven, the sauce thickens a little more and more depth of flavor." Enjoy!



Preparation:

- Heat a deep, large skillet or sauté pan on medium. Slowly warm olive oil in the pan. Add chopped onion, sauté for a few minutes until the onion begins to soften.
- Add garlic and continue to sauté until mixture is fragrant.
- Add the bell pepper, sauté for 5-7 minutes over medium until softened.
- Add tomatoes and tomato paste to pan, stir until blended. Add spices and sugar, stir well, and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce. At this point, you can taste the mixture and spice it according to your preferences. Add salt and pepper to taste, more sugar for a sweeter sauce, or more cayenne pepper for a spicier shakshuka (be careful with the cayenne... it is extremely spicy!).
- Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. I usually place 4-5 eggs around the outer edge and 1 in the center. The eggs will cook "over easy" style on top of the tomato sauce.
- Cover the pan. Allow mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn't reduce too much, which can lead to burning.
- Garnish with the chopped parsley, if desired.

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