



SHAKSHUKA - TUNISIAN EGGS IN TOMATO SAUCE

QUICK INFORMATION

TIME



45 MIN

SERVES



4

CALORIES



360

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

2 cups of cooked Lundberg Family Farms Organic Red Rice

2 tablespoons of olive oil

1 medium yellow or white onion, quartered, and thinly sliced

4 jarred roasted red bell peppers, drained and thinly sliced - about $\frac{3}{4}$ cup

3 garlic cloves, thinly sliced

1 teaspoon ground cumin

1 teaspoon smoked paprika

1 teaspoon chili powder

1 28oz can of crushed tomatoes, unsalted, packed in juice

$\frac{1}{2}$ cup water

$\frac{3}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

4 large eggs

Garnishes:

$\frac{1}{4}$ cup feta cheese, crumbled

$\frac{1}{4}$ cup parsley, chopped

Hot sauce, to taste

Crusty bread or pita bread (optional)

NUTRITIONAL FACTS

Serving Size: 372g

AMOUNT PER SERVING

Calories 360	Calories from Fat 130
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Total Fat 14g
Saturated Fat 4g
Trans Fat 0g

Cholesterol 195mg

Sodium 750mg

Total Carbohydrate 44g
Dietary Fiber 9g
Sugars 17g

Protein 14g

PREPARATION

Preheat oven to 375°F.

Heat olive oil in a medium sauté pan over medium high heat, add onions and cook stirring occasionally for 5 minutes or until tender and light golden brown. Season with ¼ teaspoon of salt and pepper. Add bell peppers, garlic and spices, cook stirring frequently for 2 minute.

Add tomatoes and water to the pan and stir, being sure to scrape any brown bits that may have stuck to the pan. Reduce heat to medium and simmer for 10 -15 minutes, stirring occasionally, or until sauce has thickened. Season sauce with remaining salt and pepper.

To assemble, grease a round baking dish with olive oil. Spread rice evenly in the bottom of the pan. Next pour all of the sauce over the rice. Create 4 deep wells within the sauce, using the back of a spoon. Crack one egg in each well, cover pan with aluminum foil and bake for 15-20 minutes or until eggs are just set. Remove from oven, sprinkle with feta and bake for an additional 1 minutes.

Remove pan from oven, garnish with parsley, and serve with hot sauce and bread or pita if desired.