

White Bean Shakshuka

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This traditional Middle Eastern dish is now a trendy brunch favorite. The spicy tomato mixture can be served with or without eggs and with a variety of vegetables or beans.

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	10 MIN	35 MIN

INGREDIENTS

1/2 Tbsp	Olive Oil	1/2 (15oz) can	White Beans, no salt added, drained & rinsed
1/2 medium	Yellow Onion, diced		Eggs
1/2 each	Red Bell Pepper, diced	4 large	Feta Cheese, crumbled
2 cloves	Garlic, minced	1 ounce	Parsley or Cilantro, chopped
1 (15oz) can	Crushed Tomatoes, no salt added	2 Tbsp	Whole Wheat Baguette or bread
1/2 tsp	Smoked Paprika	8 slices	Garlic, cut in half
1/2 tsp	Cumin, ground	2 cloves	Chimichurri Sauce (see separate recipe)
1/2 tsp	Coriander, ground	2 Tbsp	
1/8 tsp	Red Pepper Flakes		
1/8 tsp	Salt, Kosher or Sea		
To taste	Black Pepper, ground		

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Select a medium to deep sauté pan with a lid; set the lid aside for later. Heat oil in the pan over medium-high heat.
3. When the oil is hot, add the onion and bell pepper to the pan. Cook on medium heat, stirring occasionally, for 7-10 minutes until the vegetables are soft.
4. Add minced garlic, tomatoes, smoked paprika, cumin, coriander, red pepper flakes, salt, and pepper and bring to a simmer. Drain and rinse the white beans, add to the skillet, and stir to combine. Let the sauce simmer, stirring occasionally, for 5-7 minutes, or until the sauce has slightly thickened.
5. While the sauce is simmering, prepare the garnishes - crumble the feta and chop the herbs.
6. Toast the bread until lightly browned either in a toaster, under a broiler, or on a grill. When the toast is done, rub both sides with the garlic halves to make a quick and easy garlic bread for dipping.
7. Make 8 wells in the sauce with the back of a spoon. Crack an egg into each well. Cover the pan with the lid and cook 2-3 minutes for runny egg yolks or until eggs are set to taste.
8. When eggs are cooked to desired doneness, top with feta, fresh herbs, and drizzle with the chimichurri sauce. Serve one egg with about 2/3 cup of the shakshuka and two baguette slices per serving.

Nutrition Facts

4 servings per container

Serving 1 egg, 2/3 cup tomato mixture, and

Size 2 slices bread (276 g)

Amount per serving

Calories **270**

% Daily Value *

Total Fat 12g	16%
Saturated Fat 3.5g	17%
<i>Trans</i> Fat 0g	
Cholesterol 190mg	64%
Sodium 420mg	18%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	23%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 1mcg	5%
Calcium 90mg	7%
Iron 9mg	51%
Potassium 500mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, White Bean Shakshuka (6/6/19)



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