

White Bean Shakshuka with Chimichurri Sauce



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 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 Tbsp	Olive Oil	1 (15oz) can	White Beans, no salt added, drained & rinsed
1 medium	Yellow Onion, diced	8 large	Eggs
1 each	Red Bell Pepper, diced	2 ounces	Feta Cheese, crumbled
4 cloves	Garlic, minced	¼ cup	Parsley or Cilantro, chopped
1 (15oz) can	Crushed Tomatoes	8 slices	Whole Wheat Bread
1 (15oz) can	Diced Tomatoes, no salt added	4 cloves	Garlic, cut in half
1½ tsp	Smoked Paprika	¼ cup	Chimichurri Sauce (see separate recipe)
1 tsp	Cumin, ground		
1 tsp	Coriander, ground		
⅛ tsp	Red Pepper Flakes		
¼ tsp	Salt, Kosher		
To taste	Black Pepper, ground		
1 cup	Vegetable Stock		

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large sauté pan over medium-high heat and add the oil. When the oil is hot, add the onion and bell pepper to the pan. Cook, stirring occasionally, until the vegetables are soft and browned, 5-8 minutes. Add the minced garlic and sauté for another 30 seconds to 1 minute.
3. Add the crushed tomatoes, smoked paprika, cumin, coriander, red pepper flakes, salt, pepper, stock, and white beans to the pan and stir to combine. Bring to a simmer, and cook, stirring occasionally, for 5-7 minutes or until the sauce has slightly thickened.
4. While the sauce is simmering, prepare the garnishes - crumble the feta and chop the herbs.
5. 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.
6. Make 8 wells in the sauce with the back of a large spoon. One at a time, crack each egg into a small bowl and transfer into a well. Repeat this process for all 8 eggs. Cover the pan with the lid or foil and cook 2-3 minutes for runny egg yolks or until eggs are set to taste.

7. When eggs are cooked to desired doneness, top with the feta, fresh herbs, and drizzle with the chimichurri sauce. Serve one egg with about 2/3 cup of the shakshuka and bread.

Nutrition Facts	
8 servings per container	
Serving size 1 egg, 2/3 cup tomato mixture, & 2 slices bread (306g)	
Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 180mg	60%
Sodium 450mg	20%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.3mg	20%
Potassium 560mg	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.	

CONTAINS: MILK, EGG, WHEAT

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

