

White Bean Shakshuka

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15mL
1 medium	Yellow Onion, diced	1 medium
1 each	Red Bell Pepper, diced	1 each
4 cloves	Garlic, minced	4 cloves
1 (28 oz) can	Crushed Tomatoes, no salt added	1 (794g) can
1 1/2 tsp	Smoked Paprika	4.5g
1 tsp	Cumin, ground	3g
1 tsp	Coriander, ground	3g
1/8 tsp	Red Pepper Flakes	0.25g
1/4 tsp	Kosher Salt	1.5g
To taste	Black Pepper, ground	To taste
1 (15 oz) can	White Beans, no salt added, drained & rinsed	1 (425g) can
5 large	Eggs	5 large
2 ounces	Feta Cheese, crumbled	60g
1/4 cup	Parsley or Cilantro, chopped	15g
10 slices	Whole Wheat Baguette, cut 1/4 inch thick	10 slices
3 cloves	Garlic, cut in half	3 cloves
1/4 cup	Chimichurri Sauce (see separate recipe)	60mL

Preparation:

1. Select a large and deep saute pan with a lid; set the lid aside for later. Heat oil in the pan over medium-high heat.
2. When the oil is hot, add the onion and bell pepper to the pan. Cook, stirring occasionally, until the vegetables are soft and browned, 7-10 minutes.
3. 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.
4. While the sauce is simmering, prepare the garnishes - crumble the feta, chop the herbs, and slice the green onions.
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 5 wells in the sauce with the back of a spoon. Crack an egg into each well. Cover the pan with lid 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 feta, fresh herbs, and chimichurri. Serve with two baguette slices per serving.

Nutrition Facts

5 Servings

Serving size **1 egg, 1 cup tomato mixture**

Amount per serving

Calories **390**

Total Fat	17 g
Saturated Fat	4.5 g
Trans Fat	0 g
Monounsaturated Fat	8 g
Cholesterol	195 mg
Sodium	530 mg
Total Carbohydrate	43 g
Dietary Fiber	10 g
Total Sugars	10 g
Includes 0g Added Sugars	
Protein	19 g
Vitamin D	5 %
Calcium	10 %
Iron	74 %
Potassium	700 mg
Phosphorus	160 mg
