

Chipotle Shakshuka

Adapted from Isabel Eats

Yield: 8 servings

Serving size:
1 egg and 1 cup of sauce



This Mediterranean version of a one-pot dish can be adapted in many ways by adding additional vegetables or spices and can be enjoyed for breakfast, lunch, or dinner.

Nutrition Facts	
Serving size	1 cup with egg (266g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 320mg	14%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 1mcg	4%
Calcium 151mg	10%
Iron 1mg	6%
Potassium 484mg	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.

Base freezes well—Cook recipe through step 5. Cool mixture and portion into freezer-safe containers and freeze. When ready to use, heat previously-frozen mixture and continue from step 6.

INGREDIENTS

- 1 TBSP olive oil
- 1 large onion, thinly sliced
- 2 large red bell peppers, seeded and medium diced
- 5 cloves garlic, minced
- 2 teaspoons ground cumin
- 2 teaspoons ground paprika
- ½ teaspoon Kosher salt
- 1 teaspoon ground black pepper
- 3 cans (15-ounce) diced tomatoes, no salt added, with liquid
- 1 chipotle pepper in adobo sauce, roughly chopped
- 8 large eggs
- ½ cup cotija cheese, crumbled
- ½ bunch cilantro, chopped, for serving
- Avocado slices, for serving

DIRECTIONS

1. Preheat oven to 375°.
2. Heat oil in a large, oven-safe, heavy-bottomed skillet or sauté pan over medium-high heat.
3. Add onions and red bell peppers. Cook until very soft and beginning to caramelize, stirring frequently, about 10 minutes.
4. Add garlic, cumin, paprika, salt, and pepper and cook until fragrant; about 1 minute.
5. Stir in chipotle pepper and tomatoes. Simmer until the sauce has thickened; about 10 minutes.
6. Gently crack eggs on top of tomato mixture.
7. Transfer skillet to oven and bake until eggs are just set; about 10 minutes.
8. Top with cotija cheese, cilantro, and sliced avocado before serving.

