

Shakshuka with Vegetables (Middle East & North Africa)

Category: Breakfast | Cuisine: Middle Eastern

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 25 mins

Ingredients:

- 2 eggs
- 1 cup diced tomatoes
- 1/2 bell pepper, chopped
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 tsp olive oil
- 1 tsp cumin, paprika, or chili powder

Instructions:

1. Heat olive oil in a pan and sauté onions, garlic, and peppers.
2. Add diced tomatoes and spices; simmer 5 minutes.
3. Crack eggs into the sauce and cover until cooked.
4. Serve warm with whole-grain bread.

Nutrition Facts (per serving):

Nutrient	Amount
Calories	290 kcal
Protein	13 g
Carbohydrates	28 g
Fat	7 g
Fiber	6 g

Tips:

- ✓ Serve in the skillet for a rustic presentation.
- ✓ Add spinach or zucchini for extra veggies.