



READ[®]

3 BEAN SHAKSHUKA

SERVES: 6 SERVING | **PREP & COOK TIME:** 20 MINUTES

INGREDIENTS

- 2 tablespoons extra virgin olive oil
 - 1 small onion, chopped
 - 1 red bell pepper, seeded and chopped
 - 2 large cloves garlic, minced
 - 1 can (28 ounces) no-salt-added whole peeled tomatoes
 - 2 teaspoons smoked paprika
 - 1 teaspoon ground cumin
 - 1/4 teaspoon salt
 - 1/4 teaspoon ground pepper
 - 1/2 teaspoon dried oregano leaves
 - 1/8 teaspoon crushed red pepper flakes
 - 1 can (15 ounces) READ 3 Bean Salad
 - 6 large eggs
 - 4 ounces crumbled feta cheese
 - 3 tablespoons chopped parsley
 - Crusty bread or pita wedges
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INSTRUCTIONS

1. Heat oven to 375°F.
 2. Heat large oven-proof skillet over medium-low heat. Add olive oil; swirl to coat.
 3. Add onion and bell pepper. Cook 10 minutes or until vegetables are very tender, stirring occasionally. Add garlic; cook and stir 1 to 2 minutes or until fragrant.
 4. Crush tomatoes by hand or using potato masher. Add to skillet. Stir in paprika, cumin, salt, ground pepper, oregano and crushed red pepper. Cook 1 minute, stirring frequently.
 5. Stir in bean salad with liquid. Bring to boil; reduce heat and simmer 5 minutes or until tomato mixture thickens, stirring occasionally.
 6. Create 6 small wells in tomato mixture. Gently crack 1 egg into each well. Place skillet in oven. Bake 7 to 10 minutes or until eggs are cooked as desired. Sprinkle with feta cheese and parsley. Serve with bread or pita wedges.
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