

COZY & SAUCY SHAKSHUKA/ BAKED EGGS

FROM THE KITCHEN OF DBC DEE

INGREDIENTS

- 1 large can roasted tomatoes
- 2 tbs tomato paste
- 1 tbs chipotle in adobe (sometimes I use Trader Joe's harissa salsa)
- 3 cloves garlic
- 1 medium onion
- 4 free range eggs
- spices (adapt to your liking): cumin, chili powder, red chili flakes, chili powder
- garnish options: feta, avocado, cilantro, parsley, chives
- extra virgin olive oil (EVOO)
- vegetables (adapt to your liking): eggplant, zucchini, olives
- protein options: turkey sausage/ ground turkey, firm tofu, Italian sausage

DIRECTIONS

1. Chop onion, garlic, and any other vegetables in medium dice. Heat EVOO in a pan or cast iron skillet, and sauté over medium heat. While that's going, throw in your choice of protein and let everything cook out and soften. If using a cast iron skillet, preheat oven to broil setting. This means all the heat is coming in hot from the top!
2. Pour in roasted tomatoes and break down any big chunks with spatula. Work in the tomato paste and mix well. Add in heaping tablespoon of chipotle in adobe if you love spice. Season to taste with your choice of spices, and once the sauce is where you like it, let it all simmer on low with lid on for 10 minutes. Your kitchen will smell amazing.
3. Turn heat back to medium-high, and make 4 wells in the sauce, like little pockets to hold your eggs. Space these out! Carefully crack an egg into each well. Season eggs with a pinch of salt and pepper. If using stovetop pan, cover with lid and let cook for 5 more minutes, or until egg whites are set and yolk is runny. With cast iron skillet, transfer into the oven and broil for 3-4 minutes, keep your eye on this! If you like your eggs more firm, let these guys cook longer until they're to your liking.



DIRECTIONS

4. Turn heat off. Garnish with fresh green herbs and crumble some feta on top. I also love drizzling a little EVOO on top and cracking fresh black pepper for the final touch.
5. Serve with warm sourdough, pita bread, or I even like to serve on top of brown rice or quinoa. So good for you, for the taste buds, and for a quick and hearty breakfast/lunch/dinner. This recipe will serve 3-4, or make great leftovers/meal prep.

The best thing about these eggs are that you can adapt the recipe to your liking -- spice level, switch out veggies, switch out protein, etc. And, you can use whatever you have around the pantry or in the fridge. To save time, you can also use your favorite marinara sauce instead of the roasted tomatoes. Do you!

