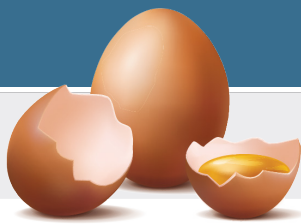


# SHAKSHUKA



June 3

National Egg Day


## INGREDIENTS

- 3 Tablespoons Olive Oil
- 1½ Cups Chopped Onion
- 1½ Cups Thinly Sliced Bell Peppers
- 2 Cloves Garlic (minced)
- 2½ Cups Chopped Tomatoes
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Paprika
- 1 Teaspoon Salt
- 4 Large Eggs

## DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Stir in onion, bell pepper, and garlic; cook and stir until vegetables have softened and onion has turned translucent, about 5 minutes.
2. Meanwhile, mix together tomatoes, chile pepper, cumin, paprika, and salt in a bowl.
3. Stir tomato mixture into onion mixture. Simmer, uncovered, until tomato juices have cooked off, about 10 minutes.
4. Make 4 indentations in tomato mixture; crack eggs into indentations. Cover the skillet and cook until eggs are firm but not dry, about 5 minutes.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Breakfast

## YIELD

4 Eggs +  
5 Cups Shakshuka

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Egg + ¼ Cup Shakshuka	½ Egg + ½ Cup Shakshuka	½ Egg + ½ Cup Shakshuka	1 Egg + ½ Cup Shakshuka