



## INGREDIENTS

- 2 Tablespoons Olive Oil
- ½ Cup Onion (diced)
- 1 Clove Garlic (minced)
- ½ Cup Bell Pepper (diced)
- 2 Cups Tomato (diced)
- 2 Tablespoons Tomato Paste
- 1 Teaspoon Cumin Powder
- 1 Teaspoon Coriander Powder
- 1 Teaspoon Chili Powder or Paprika
- 1 Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 2 Tablespoons Cilantro (minced)
- 6 Large Eggs
- Mozzarella, Feta or Cream Cheese (optional topping)

## DIRECTIONS

1. Heat a large heavy-duty skillet over medium-high heat. Add the oil and onions and sauté for 2-3 minutes or until onion is softened. Add the garlic and bell pepper, sauté for 2-3 minutes then add the tomatoes, tomato paste, and spices.
2. Allow mixture to simmer over medium heat for 4-5 minutes until it starts to reduce. Stir in 2-3 tablespoons water to loosen the mixture then stir in the cilantro and crack in the eggs. Top with mozzarella cheese, feta, or cream cheese, if using.
3. Cover the pan with a lid and reduce the heat to low. Simmer for 5 minutes or until the eggs are cooked through to desired doneness.
4. Garnish with cilantro and serve warm.

## MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

## MEAL TYPE

-  Breakfast

## YIELD

3 Cups Vegetables  
+ 6 Eggs

## PORTION SIZES

- Toddler:** ¼ Cup Vegetables  
+ ½ Egg
- Preschool:** ½ Cup Vegetables  
+ ½ Egg
- School Age:** ½ Cup Vegetables  
+ ½ Egg
- Adult:** ½ Cup Vegetables  
+ 1 Egg